Chichester EIIR Herald

Friday 1st June 2012
YOUR FREE WEEKLY NEWSPAPER

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Tragedy at beach

›› *Hero dies rescuing a five-year-old child from the sea*

Susanna Reid
REPORTER
NEWS@CHICHESTERHERALD.CO.UK

A MAN who drowned after rescuing a five-year-old from the sea has been hailed as a hero

Witnesses said 32-year-old Plamen Petkova dived in despite red flags warning of dangerous currents when he saw the child struggling in a rubber ring

Petkova, from Sutton, and a Guildford woman went into the sea at West Wittering on Saturday to help the girl, who had been caught by the tide

He passed the child to the woman who was then able to get her to her family.

Petkova, who was not related to the youngster drowned just 10ft from the shore.

The youngster's mother was distraught as rescuers fought to save him on the beach at West Wittering in West Sussex.

> "Despite their efforts, the man could not be saved"

Lifeguards pulled him from the water and gave him first aid before a doctor and paramedic were flown on to the sand in an air ambulance

Despite their efforts, the man could not be saved

Sussex Police said: "Tragically the man was unable to reach the shore himself and was recovered unconscious."

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Officials, scenes as helicopter lands on beach

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Queen Elizabeth II's Diamond (60th) Jubilee Celebrations

CHICHESTER'S businesses have been getting into the spirit of things as next week marks the Diamond Jubilee of the reign of Queen Elizabeth II.

She became Queen when her father, King George VI, died on 6th February, 1952.

Princess Elizabeth was 25 years old and she and her husband Prince Philip were on safari in Kenya when news of her father's death reached her. She returned home as Queen Elizabeth II.

Her coronation took place in Westminster Abbey on 2nd June 1953.

She celebrated her Silver Jubilee (25 years) in 1977, Golden Jubilee (50 years) in 2002, and 2012 marks the Diamond 60th Jubilee of her reign.

The only other British monarch to celebrate a Diamond Jubilee was her great-great-grandmother Queen Victoria who celebrated the 60th year of her reign in 1897. Kings and Queens by length of reign.

To mark this historic occasion, shops in Chichester have been dressing their windows as the city gets ready to celebrate the Diamond Jubilee.

Creative Writing at Chichester changed my life, says prize winner

A GRADUATE who says that creative writing courses at the University of Chichester 'changed my life' has won the £1,000 first prize in a national poetry competition.

Josephine Corcoran, who graduated with First Class Honours in English with Media Studies in 1999, was named as winner in the Stafford Poetry Prize by the judge Michael Hulse.

Hulse lavished high praise on Josephine's poem, 'In Town For A Funeral, We Drive Past Our Old House And See It Is For Sale'. He called it a "scintillating winner", which used "intriguing and tantalising" devices to deliver an "elegant, evocative performance".

Afterwards, Josephine said: "I'm so pleased to have won – I know it sounds corny, but studying Creative Writing at Chichester changed my life! I had always wanted to write but hadn't actually finished anything when I started taking Creative Writing classes.

"The encouragement from my tutors and the attention they gave to my work, gave me the confidence to believe that I could be a writer."

Judge Hulse added: "What is past and what is present, what is real and what is not, are confounded in the most intriguing and tantalising of ways in this elegant, evocative performance. Josephine Corcoran's poem is the scintillating winner of the £1,000 first prize."

Josephine, who gained an MA in Creative Writing (Prose Fiction) at UEA after finishing at Chichester, currently writes poetry and short fiction, including flash fiction, but in the past she has also written plays.

Some of her work has been broadcast on BBC Radio 4 and professionally performed on stage.

Continued from page 1

They added: "Despite efforts by members of the public and emergency services to resuscitate the man he was pronounced dead at the scene.

"The family of the man have requested that their privacy is respected at this time."

One witness said: "They were pumping water out of his lungs. When the helicopter landed people were still optimistic.

"But sadly nothing could be done to save him and he died right there on the beach. He died a hero."

A bouquet of flowers was yesterday tied to a post close to where the accident happened at Saturday lunchtime.

Richard Pike, who has a beach hut nearby, said lifeguards had frantically tried to resuscitate him for 40 minutes.

One shocked eye-witness from Chichester, said: "I saw two ambulances, a police car and coastguard rushing to the beach.

"The lifeguards hadn't seen him struggling in the water but had been alerted by a shout for help and dragged him in.

"They gave him CPR for 40 minutes before the air ambulance turned up, but they couldn't resuscitate him.

"The man was apparently way beyond the lifeguard patrolled area. He was in the red flag area where there is a strong current."

A Sussex Police spokesman said: "It is clear that this was a tragic accident, and there is no further police investigation. There will be a Coroner's inquest at a later date yet to be set."

The man's death was one of six water fatalities as people bathed to cool off during a weekend in which temperatures soared to 10c above the average for June, with the mercury hitting 28c (82f) in some places – hotter than parts of southern Europe and Africa.

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She's a good egg isn't she?

Tommy Boyd

PLAMEN PETKOVA

He and a friend were walking on West Wittering's beautiful beach when they heard a mother crying for help as her 5 year old daughter was being swept out to sea on an inflatable. He saved her and died in the process. His relatives are calling for a memorial and they are right. And yet he has the greatest memorial a person can ever have. A human child that lives thanks to him. That girl will have a life of laughter and tears, she will love and be loved, perhaps have many children of her own. That said, a statue or a plaque should go up to remind strangers for centuries that the greatest act of human sacrifice can happen anywhere. At any time. God bless Plamen.

DOCTORS STRIKE

They've voted for a 24 hour strike except emergencies. This is because they are aggrieved that they will have to pay bigger pension contributions and will have to work longer before retiring. This is because we are all living longer. And whose fault is that? If not... err... doctors.

QUEEN'S JUBILEE

Never met her myself, but many Christmases ago my mum was struggling home from the shops. She was laden with the turkey etc and struggling with a pushchair and a toddler at a busy crossing in Feltham. She glimpsed a passenger in a car held at the lights who was smiling kindly at her plight. Mum smiled back and rolled her eyes heavenwards, as if to say "Bloody Christmas, still it's worth it in the end." The woman grinned, nodded and rolled her eyes in all round sympathy. Then the car pulled off, and mum noticed it was a very big black Rolls Royce, and realised she'd just had a moment with the Queen. Like many of us, I'm ambiguous about the Royals, but not her. She's a good egg isn't she?

FELTHAM

You wonder why my mum didn't recognise the Queen? See, in those days Feltham was the last place anyone could appear majestic. Although funnily enough Freddie Mercury and Brian May lived round the corner from us.

KINDNESS OF STRANGERS

The overturned lorry on the A27 meant I had to find a country route back to Chichester. Got lost somewhere between Arundel and Pulborough. I had a hot and thirsty child in the back, who needed the loo. Suddenly in the middle of nowhere, there's a farm shop. Called something like "Sussex Farm Foods". Went in and said "We're lost". The woman who turned out to be from San Francisco smiled and said "How exciting. Being lost is so much more fun than being found!". She gave us the key to the staff loo, plied us with the finest ice cream and sent us on our way with a hand written set of instructions that brought us out at the Homebase roundabout.

JOKE

I was going to ask God for a bike, but I know he doesn't work that way. So I stole one and asked for his forgiveness.

CONTACT TOMMY AT TOMMY.BOYD@CHICHESTERHERALD.CO.UK FOLLOW TOMMY ON TWITTER @THETOMMYBOTO

Westbourne

Open Gardens

Sunday 10th June 2012

10:30am to 5:00pm

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The owners of 15 gardens in Westbourne, near Emsworth invite garden lovers to enjoy the experience of wandering through the village to explore the hidden gems and beauty that lie behind their garden gates.

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All proceeds go to local charities & organisations

www.westbourneopengardens.co.uk

Tweets of the Week!

All tweets are from Chichester people or about the area.
(Some tweets may contain errors)

@ParkTavernChi

"Ha ha, just heard a radio presenter call Tim Lovejoy Jim Lovejoy. Oops."

@Chittlelondon

"Looking forward to Saturday's market - locally sourced, fresh & delicious bread, meats, & salads - perfect mix for the perfect Sussex BBQ!"

@DartagnanMens

"Is there a nicer place to live than Chichester and the surrounding area when the weather is like this?!"

@mrmcheelball

"State of London roads and traffic have made me want to seek my revenge. Bloody joke trying to get through to work. National embarrassment."

@JosephMcGann

"I am rehearsing for Chi"

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Chichester Herald [illegible] available for self-selected pick-up every day across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **45,000.**

Distribution locations include: Tesco, Sainsbury's, Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nutrichef Travel & Wellbeing, Chichester newsagents, One Stop, Chichester College plus nearly 200 newspaper stands in the area. Chichester Herald is also in all coffee shops. We also distribute at local care homepages to the majority of businesses in your area including industrial estates and the outskirts of the city.

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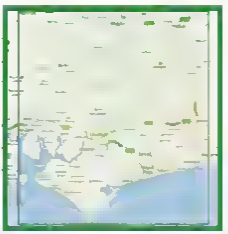

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First May Festival proves a great success

THE NEWLY-staged, three day race meeting at Goodwood Racecourse, the May Festival, proved to be a massive success, with the total crowd figures of over 25,000 enjoying a great day out on the Sussex Downs last Thursday, Friday and Saturday.

Among the crowds on the Thursday were the renowned Geordie Duo, Ant and Dec, who were at Goodwood to watch their horse, Primeaval, who was taking part in the racing. Having gone off favorite, the horse did not disappoint winning nicely for his famous owners.

The Casco Cocked Hat Stakes, run on Friday has always been a key trial race in the racing calendar and this year was no different with the useful looking Michelangelo winning nicely for John Gosden. The horse is likely to head to Royal Ascot next. The Height of Fashion Stakes, the main race on the card on the first day was won by the useful looking filly Coquet, who is a possible runner for the Investec Oaks this coming Friday, 1 June.

Adam Waterworth, Managing Director of Goodwood Racecourse commented: "Goodwood received in excess of 25k racegoers to the new, three day, May Festival. We are delighted with the attendance we received and hope will go on to establish these fixtures in the annual racing calendar for future years."

The next meeting at Goodwood Racecourse is Friday 8 June, which is an evening meeting and will feature Groove Armada playing a live DJ set in the paddock after racing.

Witnesses sought to Bognor exposure offence

POLICE are seeking witnesses to an incident in which a man exposed himself to a woman in a Bognor park.

At about 8pm on Sunday 20 May, a local woman was jogging across a rugby pitch off Hawthorn Road, Bognor, when a man sitting on the ground exposed himself to her. He then stood up but did not follow her as she ran off.

PC Trevor Pritchard said: "The man is described as white, in his forties, with a shaven head, and was wearing a grey zip-up hoody. He had what appeared to be a distinctive tattoo in the shape of a cross on his forehead. We know there were several other people nearby at the time and we are asking them to contact us via 101 quoting serial 1462 of 20/5."

A 51 year old local man has been arrested on suspicion of exposure and was subsequently released on police bail until 30 June while enquiries continue.

Over 200 West Sussex streets to bring out the bunting for Queen's Diamond Jubilee

A RIGHT royal knees-up will take place in 211 streets across West Sussex to celebrate the Queen's Diamond Jubilee.

West Sussex County Council has received over two hundred applications for temporary road closures so street parties can be thrown over the course of the extended Diamond Jubilee weekend.

The bank holiday weekend, which lasts from Saturday 2 June to Tuesday 5 June, marks 60 years since the accession of Her Majesty Queen Elizabeth II in 1952.

West Sussex County Council Leader Louise Goldsmith said: "It is wonderful to know that so many of our communities in the county are coming together with their neighbours to mark this historic occasion.

"This will be the first big event in what should be a summer to remember."

In addition to residents' preparing the cucumber sandwiches and putting up the bunting, the Diamond Jubilee is also being celebrated by West Sussex libraries.

Children are being invited to enter a Diamond Jubilee competition by drawing a picture or writing a poem about the Queen.

All they need to do is hand their work into their nearest library and it will be sent to Buckingham Palace.

The closing date for entries is Saturday 9 June and first prize is a £10 book voucher.

The next event on the calendar to look forward to is Sussex Day, which takes place on Saturday 16 June.

Andrew Colman, *Dip CDT RCS (Eng)*
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Pub make TV debut

The Bell Boys (from L-R) Vinny Bot... Neil Mey... Neil

CHICHESTER'S premier quizzing pub, The Bell Inn, situated on Broyle Road has followed up its success in winning the 2011 "Battle of the Boozers" on Spirit FM, by forming a team to take on TV's mighty EGGHEADS.

Their team, named The Bell Boys, was drawn from teams that regularly contest the popular Sunday evening quiz at the pub.

Following a successful audition in London, The Bell Boys flew to Glasgow for a recording of the programme at BBC Scotland.

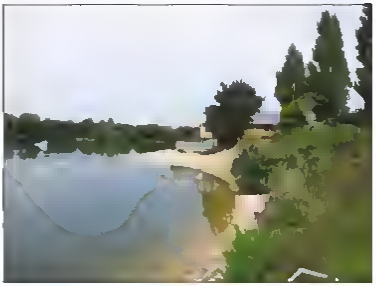
Although The Boys are sworn to secrecy over the result, the production team described it as an 'epic contest and titanic struggle, and should be well worth watching regardless of the result'.

It will be screened Wednesday 6th June 2012 on BBC2 at 6pm.

The Bell Inn will be showing the programme live, with all regular quizzers invited to join The Boys in a drink to drown their sorrows or celebrate victory!

The Bell Inn will also be holding a 'Pub versus The Bell Boys' challenge with all entrance fees being donated to St Wilfrid's Hospice, and a special one-off jackpot prize. St Wilfrid's Hospice is the pub charity of choice.

Popular fishing and sailing lake for sale in Chichester



A POPULAR and profitable lake shared by fishermen and sailors is for sale at Westhampnett in West Sussex through fisheries sales experts Fenn Wright as part of the £7.4m disposal of Cemex Angling.

Offered at £275,000, Westhampnett Lake lies around 1.5 miles north of Chichester close to the A27 and A286, and covers more than 40 acres of a 42.0 acre site. The lake is shared by the fishery and Chichester Water Sports Ltd, who have a lease paying £12,451 per annum.

Fish stocks include Mirror carp to 43lb, common carp to 30lbs, pike to excess of 15lbs and some good sized bream, tench, eels, perch and roach. There is a waiting list for anglers wishing to fish this Gold Ticket Venue, and annual fishing income is approaching £20,000.

Cemex Angling's portfolio is the largest holding of fisheries in Britain, and was originally created in the 1960s by building materials group Hall and Company as an easily sustained use for spent pits. Cemex's acquisition of subsequent owners Ready Mixed Concrete Ltd in 2005 led to the creation of Cemex Angling.

Fenn Wright partner and fisheries sales expert Martin Freeman believes the Cemex sale is a "once in a lifetime opportunity".

"Profitable and popular fisheries such as this in such an attractive part of West Sussex rarely come to the market," he said. "I would envisage that this will appeal to an individual who will develop the fishery further, or else this could be a useful addition to a pension fund."

Full details on the Cemex Angling portfolio are available from Fenn Wright on 01200 210555 or visit the website fishermensale.com.

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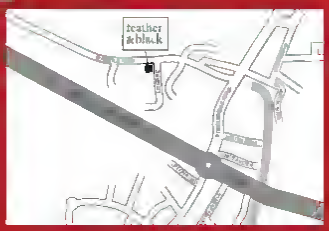

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DAY TRIPS

DAY TRIPS

JUNE

9th	Rochester and the Dickens Festival
12th	Hidden London & Regents Canal Cruise
14th	Bath
16th	Lymington Street Market
18th	Worcester
20th	Hidcote Manor Gardens
24th	Columbia Flower Market And Hyde Park
27th	Under the Bearskin
28th	Kew Gardens and Palace
29th	Cliveden, an the banks af The Thames

JULY

12th	Penshurst Place and Gardens
18th	Darchester an Market Day
22nd	Sunday Lunch at Wamers Bembndge, Isle af Wight
26th	Shaftsbury and Gold Hill
31st	Summertime Meander

AUGUST

3rd	Summer Sailaway Cruise
10th	Sissington Castle Gardens
14th	Moreton in Marsh an Market Day
16th	M & S at Shoreham, Worthing and Haskins at Roundstone
29th	RHS Wisley Gardens

• NEW BROCHURE IN AUGUST •

SEPTEMBER

25th	Woodland Bakehause and Milton Barns with Cream Tea
27th	Shanklin I O.W and Ventnar Botanic Gardens

OCTOBER

4th	The Cotswold Wildlife Park And Gardens
18th	Glastanbury and Street

NOVEMBER

15th	The Olde Tyme Players Christmas Spectacular

THE PHANTOM OF THE OPERA

THURSDAY 31st JANUARY

AT THE MAYFLOWER, SOUTHAMPTON
MATINEE PERFORMANCE

THE PERFECT CHRISTMAS PRESENT

Wednesday 16th January

Jack and The Beanstalk At The Mayflower Theatre, Southamptan Mainee Performance Starring Julian Clary, Nigel Havers and Lee Mead

Cubs have their say on Yapton's future

YOUNG people in Yapton have been having their say about how they would like to see the village develop

Members of 1st Yapton and Ford Cubs thought about the environment, housing, business and employment, health, education, emergency facilities and infrastructure

Cub leader, Katrina McAnaspie, collected responses by getting the youngsters to form three areas in the scout hut. Those on one side agreed with a statement, those on the opposite side disagreed and those who were undecided congregated in the middle of the hall

The cubs, aged eight to ten and a half, were working towards their Community Challenge badge by discussing the Yapton Neighbourhood Plan. Members of Yapton Neighbourhood Plan Group attended a recent cub pack meeting to tell the children about their work.

All the youngsters' ideas will now be used to help inform the plan. The plan is currently being compiled by local residents with the support of Yapton Parish Council. It will establish a vision for the evolution and long term sustainability of the village over the next ten to fifteen years

Andy Faulkner and Phil Robinson, co-chairmen of the Yapton Neighbourhood Plan group, commented: "We had a great time meeting the cubs and we'd like to thank them for all their ideas. They were very enthusiastic about Yapton and what they want to see in the future. We will take on-board all their fantastic ideas."

1st Yapton and Ford Cubs leader, Katrina McAnaspie, said: "It was a real treat for the children to be involved. They enjoyed the game and thought hard about each question and how it affected them and their surroundings."

• A NEW series of videos encouraging people to stand for election has been launched by West Sussex County Council. The series, entitled 'Life as a County Councillor' looks at the lifestyle of several members of the authority, all with differing backgrounds

Conservative, Liberal Democrat and Labour members are filmed talking about their lives as county councillors. All of them are proud they have been able to make a difference to the lives of people in their areas

"The films demonstrate that helping people, making a difference and improving West Sussex is very important to each Councillor whatever their political colour," said Louise Goldsmith, Leader of the County Council. "We involved politicians across the political parties, so people can have a clear and unbiased view of the practical side of being a county councillor."

In the films, retired contractor Mike Hall talks about his love of the West Sussex countryside, while night porter Bob Smytherman champions the use of social media to communicate with residents.

Charity manager Amanda Jupp explains how for 16 years she's been helping low-paid and elderly people, while Liz Bennett reveals she once thought politics boring – now she juggles being a county councillor with being a mum of two lively girls. Freelance radio DJ Chris Oxlade admits he was cynical of county councillors until he became one

The films can be seen at www.westsussex.gov.uk. Click on the West Sussex Videos link. County Council elections will take place in May next year.

Highest level of adoption in West Sussex over the past year

A TOTAL of 50 children from West Sussex were adopted in 2011 – 2012, the highest number since West Sussex County Council began to keep an annual record

Adoption provides a permanent substitute family for children who cannot stay with their birth parents

In addition, a total of 41 Special Guardianship Orders were also made over the course of the year. This is when a permanent carer for a child is appointed from within their own family, fostering or friendship network.

Cabinet Member for Children and Families Peter Evans said: "The best place for all children to grow up is in their birth family, loved and supported through childhood and beyond

"Our Children's Services work hard to help parents who are experiencing problems to look after their children, and do this with some considerable success

"Unfortunately, in some cases parents are unable to provide good enough care for their children, even with support. That's where adoption and Special Guardianship Orders come in.

"Thanks to the hard work of our teams, that means that 01 children in total across West Sussex over the past year now have the support, stability and love they need."

West Sussex County Council's adoption service was judged as 'good' with some 'outstanding' features in an Ofsted inspection carried out at the end of January. The inspector found the service was well managed and provides a good service to children, birth parents, adopted adults and adopters.

If you are considering adoption, an informal drop-in session is taking place on Wednesday June 27, from 10am to 4pm, at The Gattons Children and Family Centre, Royal George Road, Burgess Hill, RH15 0SL. The session is a chance to meet the County Council's Adoption Team and ask any questions you may have.

Royal Bay Nursing Home is based in Barrack Lane, Bognor Regis and is registered to provide Nursing Care to older persons and young people with disabilities. The home has trained nurses on duty 24 hours a day leading a team of carers most of which have been trained to NVQ level 2 and above

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University lecturer shares penalty psychology with international colleagues

A LEADING academic from the University of Chichester recently flew to Germany to share his research at the country's most prestigious centre of teaching and research in physical education and sport science.

Dr Ian Greenless gave a presentation at the Institute of Movement Science in Team Sports, German Sports University Cologne discussing research that has been conducted at Chichester which shows that the body language and non-verbal communication of goalkeepers and penalty takers can influence their confidence levels, their behaviours and ultimately their performance.

Ian said: "Our research shows that participants in penalty shoot-outs can enhance their performance and reduce the confidence of their opponents by using dominant body language, such as maintaining eye contact or standing tall. We hope that footballers can use this information to apply to their body language in matches."

Excitingly, researchers in Cologne have examined some of Ian's proposals in their research and Ian is now discussing collaborating with them on further research.

He said: "We are beginning to discuss collaborations with Philip Furley from Cologne to look at various aspects of non-verbal communication in sport but we are specifically interested in hormonal responses to an opponent's body language."

Currently, Ian is also involved in an experiment for the British Psychological

Society designed to explore some of the psychological phenomena that we may observe at the London Olympics.

The experiment aims to assess how we form impressions of opponents in sporting scenarios by asking participants to view a series of video clips of a pre-bout scene in judo which show another player preparing to compete against them. The participant is then asked to provide impressions of their opponents.

Ian said: "We hope that our results will give us an insight into how we form impressions of sporting opponents and the types of information that we use when we judge an opponent. On the basis of such results, we hope to be able to develop non-verbal communication training programmes so that athletes can enhance the impression that others form of them."

How having a right royal lunch has changed over the years

MANY West Sussex residents will be celebrating at a Diamond Jubilee lunch this year. It was the same when the Queen ascended to the throne 60 years ago, but the menu was very different.

In 1952 rationing was still in force, meaning people had to be creative with their menus. On the day of the Coronation in 1953, the Ministry of Food granted just 82 applications for people to roast an ox. But they first had to prove that by tradition an ox had been roasted at previous Coronations.

If you're thinking of something a bit more exotic, you might be interested to know that in recent years the Chichester oyster beds have been attacked by the sting winkle. The winkle drills a hole in the oyster's shell before injecting a lethal poison. Work is being carried out to try and eradicate the winkle, and also to revitalise the oyster beds in the harbour.

Moving to drink, painter Ralph Ellis (born in Arundel in 1885), carved out an artistic niche for himself as the designer of eye-catching pub signs, including more than 200 signs for the Littlehampton brewery Henty and Constable.

These are just some of the interesting facts in the spring/summer edition of Taste West Sussex, out now, which has a range of

articles, special offers and dates for the diary.

West Sussex County Council Leader Louise Goldsmith said: "Buying our food and produce locally supports our West Sussex businesses and economy, and is more environmentally friendly. Taste West Sussex is a chance to showcase some of our local food and produce, and promote the West Sussex countryside."

Sign up to 'Email alerts' on the West Sussex County Council website at www.westsussex.gov.uk to receive the free 'Tastemail', an electronic newsletter with discounts, offers and foodie dates.

Taste West Sussex is available from a number of outlets including local food retailers and can be read online at www.westsussex.gov.uk/taste.

To find out more about paid subscriptions for Taste West Sussex contact 01243 777431 or e-mail taste@westsussex.gov.uk.

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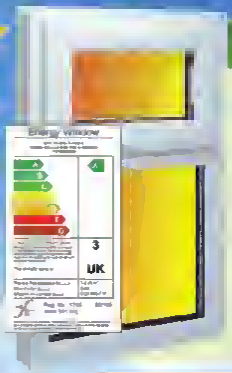

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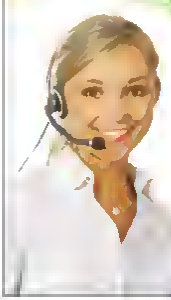

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Making the right care decisions with the West Sussex Care Guide

MAKING the right decision when the time comes to consider care is important both for older people and their relatives

These decisions can be very difficult to take and to get right.

This is where the latest version of the West Sussex Care Guide can help people make vitally important decisions about their lives

The Care Guide 2012 is jointly produced by West Sussex County Council and the West Sussex Forum, which represents the county's independent care providers

It's available on the County Council website at www.westsussex.gov.uk/careguide

As well as a benefits and payments checklist, the new Care Guide lists care at home services and care homes in West Sussex, split into the northern, southern and western areas of the county

It also includes a raft of information on day care and community care services, extra care housing schemes and support for carers.

For the first time this year the Care Guide

- Has been awarded a 'Crystal Mark' by the Plain English campaign for its clarity of language
- Has a Quick Response (QR) code for people to scan in the guide via their smartphones.
- Can be viewed entirely online.

Peter Catchpole, Cabinet Member for Health and Adults Services, said: "The Care Guide is an important part of the County Council's campaign to help residents Age with Confidence."

University Professor helps Hollywood see the real Snow White

A UNIVERSITY of Chichester Professor has acted as a consultant to a major Hollywood blockbuster which was released this week.

Professor Bill Gray from the University's English & Creative Writing department provided expert consultancy for the new fantasy film Snow White and the Huntsman, which stars Twilight actress Kristen Stewart

An expert in fantastical literature and is Director of the Sussex Centre for Folklore, Fairy Tales and Fantasy, Bill has written several books around the subject. His books include Fantasy, Myth and the Measure of Truth Tales of Pullman, Tolkien, Lewis, MacDonald and Hoffmann; Death and Fantasy; and Fantasy, Art and Life

Bill said, "I was contacted by one of the production team saying that they wanted to meet up It was the director's first film and because of the fairy tale material he was aware of the potential for critical backlash, so he wanted to guard against that "

The director, Rupert Sanders, had apparently read Bill's book Fantasy, Myth and the Measure of Truth in which he argues the importance of fantasy in literature The production team therefore saw Bill as the ideal candidate to provide the film with some "symbolic depth".

Having met the production team at the world famous Soho Hotel, Bill was later taken to Pinewood Studios where he saw the production of the film first-hand

"It was incredible to be taken inside the world of studio filmmaking and Pinewood was absolutely amazing I couldn't believe the sheer amount of space and time it took to make the film.

"They gave me a copy of the script which I came home with and sat in my garden and read It was interesting, but I saw some areas for improvement If nothing else, they had some terrible names for the dwarfs "

Bill cannot say which of his other suggestions have made it into the finished film until he sits down to watch it in the cinema, having had to miss the Cast and Crew screening One his recommendations was to bring out the importance of the interfamilial conflict in the story

No changes to bin collection days over the Jubilee bank holiday

THERE WILL BE no changes to Chichester District residents' bin collection day over the Jubilee bank holiday

"Our crews will be out working hard on the Monday and Tuesday bank holidays, which means no disruption to your normal waste, recycling, green waste or clinical collection days," says Councillor John Connor, Cabinet Member for the Environment at Chichester District Council

"If in doubt, please refer to your latest collection day calendar. Please place your bins out by 7am on your normal collection day

"If you're having a party to celebrate the Queen's Diamond Jubilee, remember to recycle what you can If you're having a barbeque with burgers and sausages, the card can be recycled but the plastic cannot And if items still contain food for example, this not only means your bin load can't be recycled, but possibly the entire truck load So please keep your recycling clean, dry and loose."

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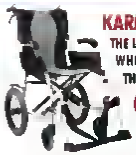

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One and a half tons of medieval fury – the bombard "pyppes dowghter"

THE CALENDAR of Living History visitor attractions at Arundel Castle continues at the beginning of June with the popular Castle under Siege event. The three days of history brought to life will transport visitors back to the 14th and 15th centuries and the bloody period of the Wars of the Roses.

Over the Diamond Jubilee Bank Holiday – Saturday 2, Sunday 3 and Monday 4 June – the ramparts of Arundel Castle will echo to the blast of medieval artillery. In 1483, the war between the Plantagenet houses of York and Lancaster was raging on when Richard, Duke of Gloucester imprisoned his two child nephews in the Tower of London and claimed the throne. Soon a plot was formed to take Arundel by siege although it was never carried out. Now, with life-like realism, three groups will join forces to re-enact a siege of the 11th century Castle. Although historically the siege never took place, this event will let visitors experience what could have taken place.

Mercenary Burgundian gunners, who would have fought for whichever side paid the most, will be represented by the Company of St Barbara. They will join forces with the British Plate Armour Society, whose members complement the gunners by specialising in tournament and small skirmish type displays.

Behind the Castle's battlements, and defending it for the King, will be local Living History Group, Raven Tor, under the command of the Countess of Arundel. Together all the actors will portray how a castle under siege might have been.

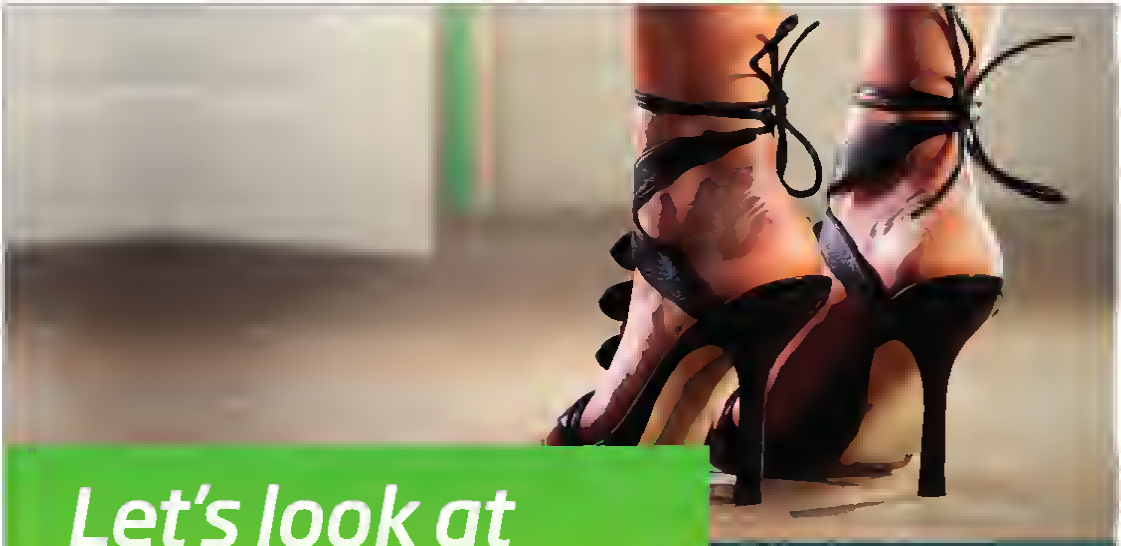
And if costume is not enough to draw a colourful picture for adults and children, the grounds of the Castle will thunder to the sound of the Company of St Barbara's one-and-a-half ton cannon, known as 'Pyppes Dowghter'. The huge gun is an exact replica of the English design dating from 1450 and fires shot nearly 14 inches in diameter. Smaller guns will back her up – the 'triple', together with early forms of handguns – pole guns and serpentines.

Also out in force will be the traditional weapons of sword, shield and arrows, with armoured knights and archers, men-at-arms and foot soldiers all playing their part.

The grounds will also host crafts and a chance to appreciate the armour of the period. Throughout this bank holiday weekend there will also be the chance to visit the large tented encampment and experience the Distant Trumpet Story Teller.

For visitors who want to wander further afield there will be encampments of the opposing forces involved in the siege, spread over the upper ground. In their midst, the armourer will be making the ar ring with his expertise at the forge; the fletcher will be kept busy producing arrows for the archers; and anyone brave enough can see the cures of the surgeon s and apothecary's tent if they dare!

Only by joining in the excitement on 2, 3 & 4 June can you find out the end result: will the Castle hold out, or will the rebels break through its mighty defences and raze the huge walls to the ground?



Let's look at Varicose Veins.

Why do you get varicose veins and how do we treat them.

Mr David Beattie will be presenting a talk on Varicose Veins, this will explain why you get them and how they can be treated, the talk will be followed by a few (first booked) mini consultations.

Meet our expert at: 7pm

When: 11th June 2012

Where: Nuffield Health Chichester Hospital, 78 Broyle Road, Chichester, West Sussex, PO19 6WB

Mini consultations will be given to the first 6 booked into the evening.

For more information, scan this code with your smart phone*

Spaces are limited to book call 0808 252 3920
Find out more at nuffieldhealth.com/hospitals/experts

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* Terms and conditions apply App/download may be required which will be charged at the standard network rate. Other service charges may apply check with your operator. Nuffield Health © 2012

Chichester Business

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VISIT FEATHER & BLACK'S Clearance Outlet, Terminus Road to receive amazing discounts of up to 75% on beautiful beds, furniture, mattresses, bedlinen & accessories.

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Don't forget the kids either, choose from beds for boisterous boys or little princesses – the clearance store offers amazing value without compromising on design or durability. Style a little girl's room with heart cushions and tea party inspired accessories, or sharks and stripes for boys – prices start from as little as £8.

"The most exciting part of working in a clearance store is that our stock always changes, and you never know what brilliant products will be in next. Our customers love popping in and browsing, it's like an Aladdin's cave of treasure you never know what beautiful pieces you will find until you start looking." Donna, Chichester Store Manager.

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Over the years the nursery has grown, some people refer to us as a Tardis (bigger on the inside than appears from the outside) 80% of the plants we stock are grown on our nursery.

This year we have expanded our selection of Herbaceous and shrubs. We are also stocking ornamental and fruit trees.

All the usual plants you would expect to find at a traditional nursery can also be found.

There will also be a whole range of Red White and Blue plants, hanging baskets and containers to help you celebrate the jubilee and the Olympics.

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Southend Farm officially opens its doors to a new eco-friendly wedding venue

SOUTHEND Barns was officially opened on Friday 25 May at an exclusive launch event, which was attended by 180 guests, including local businesses, media and the many suppliers who have been involved in the build. Couples due to marry at the barns also got the opportunity to see the finished venue for the first time. Guests were free to wander around the magnificent venue and relax in the landscaped gardens whilst enjoying local Tinwood sparkling wine and canapes by Field & Fork, who are the official catering partner of Southend Barns.

Set in the stunning West Sussex countryside, the converted farm buildings and beautiful landscaped gardens are built and run using the latest environmentally sustainable technology.

Owners William and Marcella Fleming have built on a proud history of green credentials at Southend Farm. Leading the way in sustainable farming for over half a century, the new venue is a natural extension to their values.

Southend Barns is a completely unique option for couples looking for a country setting with eco-friendly benefits. Built and run using environmentally friendly techniques, local contractors restored the old barns using sustainable materials like hemp and green oak. The venue has also been designed to use very little energy; it has low voltage, wireless lighting and is powered by a biomass boiler.

The Flemings strived to reuse and recycle materials on site, commissioning a local artist to produce fabulous metal artwork and chandeliers to create a chic, contemporary look within the traditional barn setting. Marcella comments: "We really hope that by holding a celebration here at Southend Barns people will know that everything is about ethical sourcing, from our buildings and the land they are on to the food that we serve."

Working in partnership with Sam and Janet Mahoney, the couple behind Field & Fork-the award-winning restaurant at Pallant House Art Gallery, all the food served at the venue is sourced locally, including the excellent Tinwood sparkling wine. The couple pride themselves on delivering good honest homegrown food in a mouth-watering selection of menus, which can be tailored to each couple. "We can do elegant, we can do simple. We have a wonderful purpose built kitchen from which we can deliver the food of your dreams as well as a state-of-the-art charcoal-fired hog roast cum super barbecue if you are after a much more casual feast", explains Sam. "We offer bespoke cuisine of understated elegance here at Southend Barns, unrivalled by any events venue in the South."

As well as its appealing green credentials, the venue is also unique in its countryside setting with luxurious and high spec design which features concrete polished floors and landscaped gardens with resident swans and wildlife.

The fully licensed dairy barn can be used for a ceremony of up to 150 guests and can be transformed into a dance area for the evening celebrations. For the reception up to 180 guests can be catered for in the 200-year-old threshing barn and there is ample outdoors space with sumptuous sofas and fire pits for creating a truly magical evening setting.

The wedding couple can also make use of the nearby milking parlour, which has been revamped into a luxuriously contemporary bridal suite, complete with log fire, lavish rugs and private courtyard garden.

The barns officially opened on 25th May 2012 for all weddings, parties, corporate events and courses.

For more information about Southend Barns please visit www.southendfarms.co.uk or call 01243 641247.

TONI&GUY Chichester's new look

TONI&GUY Chichester first opened its doors in 1995 and, in the 17 years since, has gone from strength to strength, firmly cementing itself as one of the leading hair salons in the city. 2012 is a landmark year for the salon as it re-launches with a distinct new look.

The salon has always been well known for its skilled, slick services and its fresh and friendly atmosphere. Well, now it has the perfect surroundings to match! The design concept is completely bespoke to Chichester - with a modern, contemporary and 'on trend' theme, the salon is very different to before. Enhanced by black gloss furniture, beautiful imagery and innovative decor throughout, the salon exudes a very 'cool' and clean environment that clients will love.

To celebrate this exciting new era for the business, the salon held a re-launch party earlier this month. The event, sponsored by Marcos restaurant, enabled both potential and existing clients to rub shoulders with the team whilst indulging in a glass of wine and a canapé or two. The launch was a great success and was the perfect platform to introduce some young and talented team members to an ever growing clientele!

The salon's dedicated and gifted team offer the very best in contemporary haircare. Clients can choose from a wide spectrum of services including new treatments such as the Nanokeratin blow-dry, classic or creative colour work, indulgent hair treatments or expressive cutting techniques. Retailing professional ranges, such as label.m, Wella's care and style, GHD and more, the team can cater for every client's haircare need.

Under its current leadership the team have won awards, gained international recognition and continue to provide the level of quality service that TONI&GUY is so synonymous for.

To book an appointment at Toni&Guy, Chichester, call 01243 787488.

Entertainment

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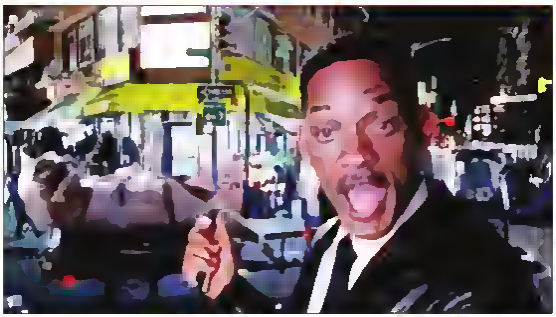
cinema

Men in Black 3 (PG)

★★★☆☆
Three out of Five stars

Running time 105 mins
Director Barry Sonnenfield
Starring Will Smith, Tommy Lee Jones, Josh Brolin, Emma Thompson, Alice Eve, Nicole Scherzinger, Jemaine Clement, Bill Hader, Michael Stuhlbarg, Will Arnett

Enjoyable sequel with an engaging plot and superb performances from Smith and Brolin, but it's not quite as funny as it should have been and certain scenes seem to have mysteriously gone missing.



What's it all about?
Directed by Barry Sonnenfeld, Men In Black 3 is the third instalment in the popular, if admittedly intermittent franchise (five years between the first two films, ten years between the sequels). After vicious criminal Boris the Animal (Jemaine Clement) escapes from a high security lunar prison, Agent J (Will Smith) awakes to find himself in a world where his partner, Agent K (Tommy Lee Jones) was killed in 1969. Together with new boss Agent O (Emma Thompson), J realises that K defeated Boris in the past and that he must have travelled back in time and killed him, so J travels back to 1969 to try and stop both versions of Boris before they can kill K (now played by Josh Brolin).

The Good
Smith is his usual, immensely likeable self and he has strong chemistry with both Jones and Brolin, while Clement is excellent as Boris the Animal ("It's just Boris!") and there's strong support from Michael Stuhlbarg as an alien who can see multiple alternate realities at once. The nature of the plot means that Jones is more or less side-lined this time, but Brolin is so note-perfect as the younger (and happier) K, that it almost feels like you really are watching a 1960s version of Tommy Lee Jones.

The plot is engaging, allowing for a couple of nice ideas along the way, such as Andy Warhol (Bill Hader) being an undercover Men in Black agent. Similarly, the finale is both genuinely exciting and packs an unexpectedly emotional punch, while the 3D effects are actually pretty good throughout, notably in an aerial pass over New York's Chrysler Building and various shots from the top of the Apollo 11 rocket in 1969.

The Bad
The main problem with the film is that it's not nearly as funny as it should have been, as if they filmed the wrong version of the script, before the "comedy guy" came in and had a go at it. In particular, although the Warhol gag is inspired, the film largely fails to exploit the potential of its 1960s setting and doesn't even have that much fun with the costumes.

On top of that, both Emma Thompson and Alice Eve (as the 1960s version of Agent O) are completely wasted and it's impossible to watch without concluding that there was a romantic subplot between O and K that got cut, as entire scenes seem to be missing. Also, Will Arnett makes a promising comic appearance as J's partner in the K less alternate reality, but he's only there for one scene.

Worth seeing?
A considerable improvement over its 2002 predecessor, MiB 3 is an entirely watchable threequel thanks to an engaging plot and strong performances from Smith and Brolin.

MEN IN BLACK 3 COMPETITION

WIN 2 TICKETS!

For a chance to win 2 tickets, answer the following question:

Q. WILL SMITH HAS BEEN NOMINATED FOR AN OSCAR; FOR WHICH FILM?

A) MEN IN BLACK

B) THE PURSUIT OF HAPPYNESS

C) ALI

Send your [illegible] and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected [illegible] at midday. The winner will be notified later on that day.

• Last weeks winner is G McHattie from Chichester

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL. 0871 200 2000

The Twilight Ball

THE TWILIGHT BALL, a grand marquee dinner and live auction, is taking place in aid of The Rainbow Centre charity. The ball will be held in the beautiful grounds at Hollybank House, Emsworth, on Saturday 30th June 2012. The Rainbow Centre is a charity based in Fareham dedicated to supporting and inspiring children and adults with Cerebral Palsy, Parkinson's disease and MS. Fantastic auction lots have been secured including a week long stay in a beautiful private villa in Spain as well as a signed Chelsea football! For further information about supporting this wonderful charity and event, please visit www.TheTwilightBall.co.uk or alternatively, contact Clare Acklam at the Rainbow Centre on 01329 280500.

Planetarium Shows and Dates - June 2012

Monday	04	3.30pm	The Moon, Our Nearest Neighbour
Tuesday	05	3.30pm	Prepare for Blast-off!
Friday	08	7.30pm	The Stars That Match
Sunday	10	3.30pm	Seven Wonders of the Solar System
Friday	15	7.30pm	Our Violent Sun and Space Weather
Sunday	17	3.30pm	The Hunt for Earth-like Planets
Friday	22	7.30pm	Summertime Stars: Moon and Planets
Sunday	24	3.30pm	Is There Life on Mars? ***

Tickets: Adults £6.00, Children £4.00
Tickets are available to callers at the Tourist Information Centre, South Street, Chichester.
Alternatively please phone 01243 775400 or ticket hotline 07828 297252 to reserve your tickets.
Payment by cash or cheque only, on the day.
A map showing our location can be found at: www.southdowns.org.uk

Chelsea gold medal winner to give garden lecture at West Dean

SARAH Price, one of Britain's leading garden designers, gold medal winner for this year's Telegraph Garden at the Chelsea Flower Show and co-designer with Nigel Dunnett of the 2012 Gardens at The Olympic Park in London, will be sharing the secrets of her success on a one day course (Art and Nature – new directions in planning design, 20 October), at West Dean College, West Sussex.

Sarah and Nigel are two of Britain's most talented and dynamic designers, working on Chelsea show gardens as well as large-scale public planting schemes. They share the belief that planting design is a serious art form, one that is fundamental to our future environmental and psychological health.

During the morning they will explain their own personal approaches and philosophies to planting design, then, in the afternoon they will give an insight into how they collaborated on the most exciting and largest new urban park in the country – The 2012 Gardens at The Olympic Park in London.

CHICHESTER cinema
at NEW PARK
01243 786 650
'your cinema on the park'

Fri 1 Jun. 13.15 Café de Flore (15) 120m, 13.30 Film Course (The Painted Veil); 16.00 The Artist, 18.15 We Bought a Zoo (PG) 124m, 21.00 The Kid with a Bike (15) 104m
Sat 2 Jun. 13.15 We Bought a Zoo; 16.00 The Kid with a Bike, 18.15 The Artist, 20.30 Cafe de Flore
Sun 3 Jun. 13.15 The Pirates (15) 90m, 15.15 The Kid with a Bike, 18.30 We Bought a Zoo, 20.15 Café de Flore
Mon 4 Jun. 13.00 The Pirates (Jubilee Film); 14.45 Diamond Jubilee Cream Tea, 16.00 We Bought a Zoo (Jubilee Film), 18.45 The Kid with a Bike, 21.00 The Artist
Tue 5 Jun. 13.15 We Bought a Zoo, 16.00 Café de Flore, 18.30 The Pirates, 20.45 The Kid with a Bike
Wed 6 Jun. 14.00 The Pirates, 16.00 The Kid with a Bike, 18.15 Bicycle Thieves (U) 86m, 20.30 Café de Flore
Thu 7 Jun. 14.00 The Pirates; 16.00 Bicycle Thieves, 18.15 The Kid with a Bike; 20.30 Cafe de Flore,

SATURDAY'S TV 2 06 12

CHOICE

The team are on the case

CSI: Crime Scene Investigation Omnibus CBS Drama, 9pm

CSI: Crime Scene Investigation is the drama series about a team of forensic investigators trained to solve crimes the old fashioned way – by examining the evidence. The team is on the case 24-7, scouring the scene collecting the ineffutable evidence and finding the missing pieces that will solve the mystery. In tonight's episode, "Face Lift" Grissom and Catherine's robbery/ homicide investigation leads to a bizarre discovery while Warrick and Saja try to solve the case of a woman burned to ashes

BBC1

6.00 Breakfast **10.00** Saturday Kitchen Live **11.30** Raymond Blanc's Kitchen Secrets (R) **12.00** BBC News: Regional News

Weather **12.10** Football Focus **12.50** Racing from Epsom Derby Day **4.30** BBC News: Regional News Weather **4.45** Formula One Inside **5.20** Film: Rattigan (2007)

7.20 The Voice UK: The Final After four weeks of blind auditions, two battle rounds and five live shows, the final is here – with four singers all eager to be crowned The Voice 2012 and win a recording contract. Holly Willoughby and Reggie Yates present as the results performs a new solo number in their live coaches and their fate of the series, after which it is over to the voting public to decide who they want as their winner. Last in the series.

9.20 The National Lottery Saturday Night Draws Myleene Klass presents the Lotto and Thunderball draws

9.30 Casualty Part one of two. Charlie discovers a patient is being treated by two sharks while Lenny finds out Britney has arranged to meet an acquaintance from an internet chat room

10.20 BBC News: Weather

10.40 The Apprentice: Who I Fired Them As curtain-raiser to tomorrow's final Alan Sugar looks back on the tasks from the series and explains what prompted him to fire each candidate along the way. National Lottery Update.

11.50 Live at the Apollo (R)

12.10 The Derby Highlights **12.00** Weatherview **12.45** BBC News:

BBC2

6.00 CBeebies 7.00 CBBC 10.30 Saturday Kitchen Best Bites **11.30** Great British Menu (R) **12.30** Escape to the Country (R) **12.30** Live MotoGP **2.30** World BMX Championships **3.30** Gymnastics **4.30** Triathlon **5.40** Points of View

6.00 Flog It! The team heads to Hatton Farmers' Centre to be

7.30 Singapore 1942: End of Empire Conclusion. The chaotic end of the Second World War battle for Singapore, which saw Japanese troops overwhelm Commonwealth forces and Indian soldiers turn on their former masters.

9.00 Indian Doctors with Sanjeev Bhaskar Simon travels from Indonesia to Australia, visiting the epicentre of the 2004 tsunami, investigating the trade in illegal pets and meeting a crocodile hunter! Last in the series.

10.00 Coast Exploring Britain's maritime stories including the Great Storm of 1703 and how the timings of the D-Day landings were determined by RAF weather forecasters

10.30 TOTP2 Theme Night two. Mark Radcliffe introduces an archive tribute to the late singer

10.30 When Odds Ruled the World Documentary exploring the humour, films and fashions of the late 1970s, including interviews with the eras stars and a reflection on music by Donna Summer, who died last month.

11.30 Episodes Sean and Beverly are tasked to reduce Matt's role in Pucks! (R)

12.00 Film: The Hook (2006) **1.00** BBC News **4.20** Close

ITV1

6.00 ITV Mrs **CITV 7.25** CITV **8.25** Sunday Cookbook **9.25** ITV News **9.30** The Jeremy Kyle Show USA **10.25** The Jeremy Kyle Show USA **11.15** Live French Open Tennis **4.00** Regional Programme; Weather **4.15** ITV News: Weather **4.30** Live International Football England v Belgium (Kick-off 5.15pm) Jamie Carragher's coverage of the friendly at Wembley Stadium as England play their final match before they begin their Euro 2012 campaign on June 11 against France. This is the first meeting between the nations since 1999 and the first fixture for the Wembley crowd to bid farewell to Roy Hodgson as manager.

7.30 You Cannot Be Serious! New series. Sports based comedy impressions and sketches, with Alistair McGowan.

8.00 The Cube Two more contestants take part in the game show, each tackling various challenges in the positions of the cube. In one up to £25,000

9.00 The Greatest Footballers Ever. Paddy McGuinness presents this one-off programme, guiding viewers through 30 years of incredible skills, spectacular and much-loved football commercials.

10.00 ITV News: Weather

10.15 International Football England v Belgium Matt Smith presents highlights of the friendly encounter at Wembley Stadium.

11.00 Film: Demolition Man (1993) Sci-fi thriller with Sylvester Stallone, Wesley Snipes and Sandra Bullock.

12.50 The Stone ITV News Headlines **3.00** In Plain Sight. (R) **3.50** ITV Nightscreen. **5.30** ITV Morning News

CHANNEL 4

6.15 The Hoobs (R) **6.40** The Hoobs (R) **7.05** British Formula Ford Championship **7.30** The Grid. **7.55** The Morning Line. **8.55** T4 Presents Hours: **12** Movie Special **9.35** T4 Motion Cruises. **10.30** T4 Love Shuffle **11.05** T4 The Big Bang Theory (R) **11.40** T4 Revolting. **12.45** T4 The Simpsons (R) **1.20** Film: Hancock (2008)

Channel 4 coverage of the Paralympic Games continues with Ade Adepitan and Clare Balding presenting live coverage from the Olympic Park. Today's highlights include the Men's 100m T44 Final, the Men's 1500m T20 Final, the Men's 100m T12 Final, the Men's 100m T13 Final, the Men's 100m T37 Final, the Men's 100m T38 Final, the Men's 100m T47 Final, the Men's 100m T54 Final, the Men's 100m T34 Final, the Men's 100m T35 Final, the Men's 100m T36 Final, the Men's 100m T53 Final, the Men's 100m T52 Final, the Men's 100m T51 Final, the Men's 100m T42 Final, the Men's 100m T43 Final, the Men's 100m T44 Final, the Men's 100m T45 Final, the Men's 100m T46 Final, the Men's 100m T47 Final, the Men's 100m T48 Final, the Men's 100m T49 Final, the Men's 100m

Monday

BBC1 6.00 Breakfast 9.15 Fake Britain 10.30 Homes Under the Hammer (R) 11.30 Cowboy Trap (R) 12.15 Bargain Hunt 1.00 BBC News Weather 1.30 Regional News Weather 1.45 A Jubilee Tribute to the Queen by the Prince of Wales (R) 2.45 Antiques Uncovered with Griff Rhys Jones (R) 3.45 The Queen's Palaces (R) 4.40 Pointless (R) 5.30 BBC News Weather 6.00 Regional News Programmes Weather 6.30 The One Show 7.30 The Diamond Jubilee Concert 10.45 BBC News 11.00 Regional News Weather 11.10 Have I Got a Bit More News for You (R) 11.50 The Graham Norton Show (R) 12.35 Weatherview 12.40 Sign Zone A Jubilee Tribute to the Queen by the Prince of Wales (R) 1.00 Drama Women (R) 2.40 Chaplains Angels of Mercy (R) 3.10 Great British Railway Journeys (R) 3.40 Great British Menu (R) 4.40 BBC News

BBC2 7.00 CBeebies 7.00 CBBC 8.30 CBeebies 11.30 Fim Pug of Night Wars 1.00 Drama starring Ile Travers 1.10 Film College Road Trip (2008) Family comedy starring Merle Lawerence 2.30 Escape to the Country (R) 3.00 Hen Hunters (R) 3.40 Hairy Bikers Best of British (R) 4.30 Flog It (R) 5.10 Put Your Money Where Your Mouth Is (R) 6.00 Eggheads 6.30 Great British Railway Journeys (R) 7.00 Great British Menu 8.00 Springwatch 2012 9.00 The Battle of Britain (R) 10.30 Film The Terminator (1984) Sci-fi thriller starring Arnold Schwarzenegger 12.10 BBC News 12.15 The Super League Show 4.00 BBC Learning Zone

ITV1 6.00 Daybreak 8.30 Lorraine 9.00 The Jeremy Kyle Show 10.30 The Jeremy Kyle Show 11.20 Murder She Wrote (R) 12.25 Tim Shaw's Chase (R) 1.30 ITV News Weather 1.40 Regional News Weather 1.45 Midsomer Murders (R) 3.45 Countrywise Jubilee (R) 4.00 Elizabeth Queen Wife Mother (R) 5.00 Regional News Weather 5.15 ITV News Weather 5.30 You've Been Framed (R) 7.00 Emmerdale 7.30 Coronation Street 8.00 The Queen and I 8.30 Coronation Street 9.00 Film Quantum of Solace (2008) James Bond thriller starring Daniel Craig 11.00 ITV News Weather 11.15 In Plain Sight (R) 12.10 Jackpot247 ITV News Headlines 2.40 The Jeremy Kyle Show (R) 3.35 ITV Nightscreen 4.05 The Jeremy Kyle Show (R) 5.30 ITV Morning News

Channel 4 6.30 Sell Men (R) 8.15 The Hoults (R) 7.05 Freshly Squeezed 7.30 According to Jim (R) 8.00 Everybody Loves Raymond (R) 8.30 Fraser (R) 8.00 Undercover Boss (R) 10.00 Location Location Location (R) 11.00 The Renovation Game 12.00 Channel 4 News Midday Summary 12.05 Superchompers 12.30 Channel 4 Presents... London Dreaming (R) 12.50 Film Star Trek The Motion Picture (1979) Sci-fi adventure starring William Shatner 3.10 Countdown 4.00 Deal or No Deal 5.00 Come Dine with Me (R) 8.00 The Simpsons (R) 8.30 Hollyoaks 7.00 Channel 4 News 7.35 4thought.tv 7.50 Come Dine with Me Jubilee Special (R) 8.30 Gok Cooks Chinese 9.00 The Secret Millionaire 10.00 8 Out of 10 Cats Uncut 10.50 The Hoarder Next Door (R) 11.50 Random Acts 11.55 Embarrassing Bodies Live from the Clinic (R) 12.50 Gok Cooks Chinese (R) 1.50 Film The Page Turner (2006) French thriller starring Catherine Frot 3.15 Emily's Song (R) 3.30 Undressing Myanmar (R) 3.35 Eli Stone (R) 4.25 Sma... Ade (R) 5.00 Deal or No Deal (R)

Channel 5 6.00 Milkshake 9.15 The Wright Stuff 11.10 The Hole Inspector (R) 12.15 Neighbours 12.45 Animal Rescue Squad (R) 12.35 Home and Away 1.00 Neighbours 1.35 Film Viva Las Vegas (1964) Musical starring Elvis Presley 3.15 Film Mystery Woman: Snapshot (2008) Whodunit, starring Kelly Martin 5.00 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News Diamond Jubilee Special 7.00 War Hero in My Family 8 News Update 8.00 Big Brother The Auditions 9 News at 9 9.00 Big Brother Live Launch 10.45 Big Brother's Bit on the Side 11.45 Film Urban Legend (1998) Horror starring Alicia Witt 1.30 Supercasino 3.00 House Doctor (R) 4.25 HouseBusters (R) 5.10 Marketa's Wild Challenge (R)

Tuesday

BBC1 6.00 Breakfast 9.15 The Diamond Jubilee Service of Thanksgiving 1.00 BBC News Weather 1.15 Regional News Weather 1.30 The Diamond Jubilee Carriage Procession 3.45 The Diamond Jubilee Concert Highlights 5.30 BBC News Weather 5.50 Regional News Programmes Weather 6.00 The One Show 6.30 Pet Parts ... The Diamond Jubilee 7.30 EastEnders 8.00 Holby City 8.00 Silk 10.00 BBC News 10.35 Regional News Weather National Lottery Update 10.30 The Diamond Jubilee Weekend Highlights 12.00 Film Le Bal (1983) Biography of 1930s singer Regina Zabo 1.40 Sterling Lou Diamond Phillips 1.50 Weatherview 1.55 Sign Zone The Apprentice: The Final Five (R) 2.55 The Apprentice (R) 3.55 Crime and Punishment (R) 5.00 BBC News

BBC2 7.00 CBeebies 7.00 CBBC 8.30 CBeebies 11.30 Film Nanette's Pet Rescue 1.00 Drama starring Rebecca Night at Nathan Lane 12.35 Film Tom's Midnight Garden (2000) Children's drama, starring Anthony Way 2.10 Weakest Link (R) 3.00 Hen Hunters (R) 3.45 Hairy Bikers Best of British (R) 4.30 Flog It (R) 5.10 Put Your Money Where Your Mouth Is (R) 6.00 Eggheads 6.30 Great British Railway Journeys (R) 7.00 Great British Menu 8.00 Springwatch 2012 9.00 The Battle of Britain (R) 10.30 Film The Prestige (2006) Period mystery thriller starring Hugh Jackman and Christian Bale 12.35 BBC News 4.00 BBC Learning Zone

ITV1 6.10 Daybreak 9.30 The Outcasts 10.30 Diamond Jubilee 4.00 Ade in Britain (R) 5.00 Tim Shaw's Chase (R) 6.00 Regional News Weather 6.30 ITV News Weather 7.00 Emmerdale 7.30 Trash to Treasure 8.00 Countrywise Jubilee (R) 8.30 Coronation Street The Lemurs of Madagascar 10.00 ITV News at Ten Weather 10.15 Regional News Weather 10.18 The Nation's Favourite Bee Gees Song 10.45 The Unforgettable Harry Secombe (R) 12.45 Richard & Judy's 1947 ITV News Headlines 3.15 Lorraine Women (R) 4.05 ITV Nightscreen 5.30 ITV Morning News

Channel 4 6.00 The Treacle People. Thomas the Tank Engine & Friends 6.30 The Hoults (R) 7.05 Freshly Squeezed 7.35 According to Jim (R) 8.00 Everybody Loves Raymond (R) 8.30 Fraser (R) 9.00 Undercover Boss Australia (R) 10.00 Location Location Location (R) 11.00 The Renovation Game 12.00 Channel 4 News Midday Summary 12.05 Superchompers 12.30 Channel 4 Presents... Kate Humble: Call of the Wild (R) 1.30 Film Random Acts 3.15 The Simpsons (R) 3.40 Hollyoaks 7.00 Channel 4 News 7.35 4thought.tv 7.50 Come Dine with Me (R) 8.00 The Simpsons (R) 8.30 Hollyoaks 9.00 Channel 4 News 9.35 4thought.tv 10.00 Embarrassing Bodies Live from the Clinic 11.00 Mummy and the Serial Killer 12.00 Secrets of the Dead: In the Realm of the Gods (R) 1.00 Film Wolves Comprehensive 2.30 Film Real Time to London 2012: The Paralympic Show (R) 4.25 FIA GT1 World Championship 5.20 Deal or No Deal (R)

Channel 5 6.00 Milkshake 9.15 The Wright Stuff 11.10 The Hole Inspector (R) 12.15 Neighbours 12.45 Animal Rescue Squad (R) 12.35 Home and Away 1.00 Neighbours 1.35 Film Viva Las Vegas (1964) Musical starring Elvis Presley 3.15 Film Mystery Woman: Snapshot (2008) Whodunit, starring Kelly Martin 5.00 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News Diamond Jubilee Special 7.00 War Hero in My Family 8 News Update 8.00 Big Brother The Auditions 9 News at 9 9.00 Big Brother Live Launch 10.45 Big Brother's Bit on the Side 11.45 Film Urban Legend (1998) Horror starring Alicia Witt 1.30 Supercasino 3.00 House Doctor (R) 4.25 HouseBusters (R) 5.10 Marketa's Wild Challenge (R)

Wednesday

BBC1 6.00 Breakfast 9.15 Fake Britain 10.30 BBC News Weather 11.00 Cowboy Trap (R) 11.45 Cash in the Attic (R) BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Doctors 2.10 Escape to the Country (R) 3.00 BBC News Weather Regional News 3.05 CBBC 5.15 Pointless (R) 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show 7.30 Fake Britain BBC News Register News 8.00 EastEnders 8.00 DIY SOS The Big Build 10.00 BBC News 10.25 Regional News Weather 10.30 The National Lottery Update: Live Tonight 10.35 Film Priest (2008) Drama starring Gwyneth Paltrow 1.10 Holiday Weatherview 1.15 Sign Zone Countryfile (R) 2.10 Antiques Roadshow (R) 3.10 The Little Farm Kitchen Cooking with Rachel Khoo (R) 3.40 Great British Menu (R) 4.40 BBC News

BBC2 7.00 CBeebies 7.00 CBBC 8.30 CBeebies 11.30 Film Anna of Windy Poplars (1940) Drama sequel starring Anne Baxter 1.00 Film Saint Stallion of the Cimarron (1992) Animated adventure with the voices of Neil Dennis 2.10 Weakest Link (R) 2.00 Hen Hunters (R) 3.45 Hairy Bikers Best of British (R) 4.30 Flog It (R) 5.10 Put Your Money Where Your Mouth Is (R) 6.00 Eggheads 6.30 Great British Railway Journeys (R) 7.00 Great British Menu 8.00 Springwatch 2012 9.00 Springwatch Unsprung 9.30 The Fruit Tv Veg Machine Made New Specialists 10.30 Newsnight Weather 11.00 Football Focus 12.35 BBC News 4.00 BBC Learning Zone

ITV1 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 The Jeremy Kyle Show 11.20 The Mentalist 12.20 Lease Hold Knock Hold Weather 1.55 Regional News Weather 2.00 May the Best House Win 3.00 Dickinsons Real Deal (R) 3.30 Rex Hunt's Weather 4.00 Midsomer Murders (R) 5.00 The Chase (R) 6.00 Regional News Weather 6.30 ITV News Weather 7.00 Emmerdale 7.30 Coronation Street 9.00 Love, Nina 10.00 ITV News at Ten Weather 10.15 Regional News Weather 10.35 Film The Eiger Sanction (1975) Spy adventure starring Clint Eastwood. 12.55 Jackpot247 ITV News Headlines 3.00 Film Blue Thunder (1983) Sci-fi thriller starring Roy Ramela Anderson 4.45 ITV Nightscreen 5.30 ITV Morning News

Channel 4 6.15 The Hoults (R) 6.00 The Hoults (R) 7.05 Freshly Squeezed 7.35 According to Jim (R) 8.00 Everybody Loves Raymond (R) 8.30 Fraser (R) 9.00 Undercover Boss Australia (R) 10.00 Location, Location, Location (R) 11.00 The Renovation Game 12.00 Channel 4 News Midday Summary 12.05 Three in a Bed (R) 1.00 Film Manhunter (1986) Mysterious adventure starring Robert Taylor 3.10 Countdown 4.00 Deal or No Deal 5.00 Come Dine with Me (R) 6.00 The Gorgeous Men 6.30 Hollyoaks 7.00 Channel 4 News 7.35 4thought.tv 8.00 Sweat Eaters 8.00 24 Hours in A&E 10.00 The Killing 10.55 Random Acts 11.00 2 Broke Girls 11.30 Desperate Housewives 12.30 Music on 4 Subculture 12.05 Music on 4 News Presents: The Homers 1.00 Music on 4 Spotlight Ones to Watch 1.10 Music on 4 Adam Ant Presents the Good, the Mad and the Lovely 2.00 Music on 4 Launched at Red Bull Studios (R) 1.00 Film: Blankfield. (2003) Comedy starring Paul Kaye 3.25 Much Ado About a Mettin' Tog (R) 4.05 Smallville (R) 4.30 Deal or No Deal (R) 5.30 Countdown (R)

Channel 5 6.00 Milkshake 9.15 The Wright Stuff 11.10 The Hole Inspector (R) 12.15 Neighbours 12.45 Animal Rescue Squad (R) 12.25 5 News Lunchtime 12.30 Big Brother Eviction (R) 1.15 Home and Away 1.45 Neighbours 2.15 Law & Order (R) 3.10 Film Ice Countdown to D-Day (2004) 5.00 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Police Interceptors (R) 5 News Update 8.00 New Emergency Bees 5 News at 8.00 NCIS 10.00 Big Brother 11.00 Big Brother's Bit on the Side 12.00 Film The Game 12.00 Supercasino 3.55 House Doctor (R) 4.30 HouseBusters (R) 5.10 Marketa's Wild Challenge (R)

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Friday

BBC1 6.00 Breakfast 9.15 Fake Britain 10.30 BBC News Weather 11.00 Cowboy Trap (R) 11.45 Cash in the Attic (R) BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.00 Doctors 2.15 Escape in the Country (R) 3.00 BBC News Weather Regional News 3.05 CBBC 4.15 Masters of the Day Lewis Hamilton's Greatest Races (Kock-off 5.00pm) 200 BBC News Weather 7.30 Regional News Programmes Weather 8.00 EastEnders 9.30 Celebrity 8 Have I Got News for You 10.00 BBC News 10.30 Regional News Weather 10.35 The Graham Norton Show 11.20 The Natural History Friday Night Draws 11.30 Match of the Day UEFA Euro 2012 Highlights 12.20 EastEnders 2.10 Weatherview 2.20 Sign Zone Silk (R) 4.20 Question Time (R) 4.20 Great British Menu (R) 4.00 BBC News

BBC2 7.00 CBeebies 7.00 CBBC 8.30 CBeebies 11.30 Film Jump In (2007) Drama starring Corbin Bleu 12.00 Film Confessions of a Teenage Drama Queen (2004) Drama, starring Lindsay Lohan 2.10 Weakest Link (R) 2.00 Hen Hunters (R) 3.45 Hairy Bikers Best of British (R) 4.30 Flog It (R) 5.10 Put Your Money Where Your Mouth Is (R) 6.00 Eggheads 6.30 Great British Railway Journeys (R) 7.00 Great British Menu 8.00 Chisel (R) 9.00 Gardeners World 9.00 The Great British Story A Peoples History 10.00 Episodes 10.30 Newsnight 11.00 This Book Changed Me 11.40 Weather 11.45 Film The Black Balloon (2008) Premiere Drama, starring Rhys Wakefield and Luke Ford 1.20 Taken (R) 2.40 BBC News 4.00 BBC Learning

ITV1 6.00 Daybreak 8.30 Lorraine 9.00 The Jeremy Kyle Show (R) 10.30 This Morning 12.30 Loose Women 1.30 ITV News Weather 1.55 Regional News Weather 2.00 May the Best House Win 3.00 Dickinsons Real Deal (R) 3.30 Rex Hunt's Weather 4.00 Midsomer Murders (R) 5.00 The Chase (R) 6.00 Regional News Weather 6.30 ITV News Weather 7.00 Emmerdale 7.15 Euro 2012 Live: Russia v Czech Republic (Kick-off 7.45pm) 10.00 ITV News at Ten Weather 10.30 Regional News Weather 10.35 Film Burn After Reading (2008) Comedy starring Brad Pitt and George Clooney 12.30 The Store TV News Headlines 2.30 Film A Very Long Engagement. (2004) Premiere Fest World War remains starring Audrey Tautou 4.00 ITV Nightscreen 4.30 ITV Morning News

Channel 4 6.20 The Hoults (R) 6.45 Squashed 7.00 Acorn The Hoults (R) 7.10 Freshly Squeezed 7.35 According to Jim (R) 8.00 Everybody Loves Raymond (R) 8.30 Fraser (R) 9.00 Undercover Boss (R) 10.00 Location Location Location (R) 11.00 The Renovation Game 12.00 Channel 4 News Midday Summary 12.05 Three in a Bed USA 1.00 Channel 4 Presents – Liz Johnson 'Night Swimmer' (R) 1.05 Film Sanitarium (1945) Second World War adventure starring John Wayne 3.10 Countdown 4.00 Deal or No Deal 5.00 Come Dine with Me (R) 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.35 4thought.tv 8.00 The Unexpected World 7.55 4thought.tv 8.00 Come Dine with Me 9.00 Ann Cam's Summertime Spectacular 11.00 Stand Up for the Week 11.55 Film Big Mommas House (2000) Comedy starring Martin Lawrence 1.50 Random Acts 1.00 My Name Is Earl (R) 2.35 Dirty Sexy Money (R) 4.05 Mammals Play (R) 4.20 Deal or No Deal (R) 5.15 My Eden (R) 5.20 Countdown (R)

Channel 5 6.00 Milkshake 9.10 The Wright Stuff 11.10 The Hole Inspector (R) 12.10 Neighbours 12.15 Big Brother (R) 1.15 Home and Away 1.45 Neighbours 2.15 Law & Order (R) 3.10 Film Mystery Woman: Viewed at a Murder (2006) Mystery directed by and starring Kelly Martin. With Nina Siemaszko and Peters Day 8.00 5 News at 5 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Cracked on 8 England v Wales Update 8.00 NCIS An agents funeral leads Shepard on a road search (R) 10.00 Big Brother Live Eviction 11.00 Big Brother's Bit on the Side 12.00 SuperCasino 3.50 Motorsport Mundial 4.20 HouseBusters (R)

This week's crossword - Clue

Across

1 Tarry (4)
3 Ready (3)
8. Elan (4)
9 Alienate (8)
11 Public announcement (12)
13 Composed (6)
14 Fruit (6)
17. Wire operator (12)
20 Lamed (8)
21 Speed (4)
22. Draughtsman (6)
23. Minus (4)

Down

1. Hungarian city (8)
2. Dissension (7)
4. Start again (6)
5 Airborne soldiers (16)
6. Musical piece (5)
7. Expires (4)
10 Washing-line clip (7,3)
12 Stronghold (5)
15 Disturb (7)
16 Mourn (6)
18. Revises (5)
19 Tart (4)

Last week's solution

ACROSS 1 WHEREABOUTS 9 MOU... TIMID 11 EATEN 12 CONDONE 13 MOCKED ... AGHAST 18 NARRATE 20 AMASS, 22 ... 23 CAPTION 24 FREE AND EASY
DOWN 2 HAUNT 3 RETINUE 4 ABDUC... 5 OFTEN 6 TOMBOLA 7 IMPERMANENT 8 ADVERTISING 14 CARRIER 16 GRAPPLE 17 BEACON 19 ADDLE 21 AMISS

Food & Drink

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Supermarket budget bubbly beats off heavyweights to win champagne 'oscar'

TESCO'S own label budget bubbly has beaten off heavyweight names to win the champagne world equivalent of the Oscars

The supermarket's Finest Premier Cru NV was considered better than bubbly more than twice its price

It will be great news to millions of Britons on a budget looking forward to toasting the Queen's Diamond Jubilee in June

The announcement was made at the International Wine and Spirit Competition in London this week where Tesco won the 'Gold Outstanding' award – the judge's top mark.

Judges praised the champagne's 'exceptional palate' and 'beautiful balance' saying: "The flavours and minerality bite, the crisp acidity drives along with a refreshing, tingling presence and lead you to a prolonged, flavour packed finish."

Tesco Beer, Wines and Spirits Category Director Dan Jago said: "Winning Gold at these prestigious awards underlines what millions of our customers already know – that Tesco Premier Cru holds its own against many of the champagne world's best known names.

A panel of over 300 expert tasters drawn mainly from the wine industry 'blind test' wines and champagnes available to the British market.

Osbourne eats humble pie over 'Pasty tax'

The British government is to back down over plans to introduce a tax on Cornish pasties and other hot snacks after critics accused it of targeting working families, the Treasury department said Monday.

The government has been embroiled in the row since it announced in March plans to close a loophole which allows bakeries in Britain to serve hot takeaway food without incurring 20 percent value-added tax.

The items include pies, sausage rolls and pasties – a traditional delicacy reputedly invented by miners in the southwestern English county of Cornwall – which consists of meat and vegetables in a pastry crust.

But the government has now amended the definition of what constitutes a "hot" pasty, allowing it to perform the U-turn, the BBC reported.

Under the revised plans, food which is cooling down rather than being kept warm in a heated display cabinet will not be liable for VAT.

Treasury minister David Gauke told the BBC that "after extensive engagement", the department had "improved the policy, addressing practical concerns, ensuring that the new regime could be as simple as possible to apply."

The issue has been an embarrassing sideshow for Prime Minister David Cameron, who has fended off suggestions that the tax

highlights his lack of "common touch".

He earlier said it was unfair that takeaway restaurants such as fish and chip shops had to charge VAT on hot food, when bakeries and supermarkets did not.

"I am a pasty-eater myself. I go to Cornwall on holiday, I love a hot pasty," said Cameron, who was educated at the elite Eton College and then at Oxford University.

Labour's Chris Leslie, the shadow Treasury minister, said the U-turn proved the government "can't think through policies before it makes announcements.

"It really ought to have got some of these consultations done before the chancellor decided to put up the taxes," he added.

Protest held over GM wheat study

HUNDREDS of protesters have gathered near a scientific research centre where a genetically modified wheat crop is being grown.

Security around the site in Harpenden, Hertfordshire, has been increased in preparation for the demonstration.

Members of the anti-GM movement Take The Flour Back said they planned to rip up the crops which they fear could "contaminate" nearby fields, prompting St Albans City and District to apply to the Home Secretary for greater police powers.

The order they were granted prevents anyone going on the land belonging to Rothamsted Research until midnight tonight. There is a heavy police presence around the centre and a nearby park, where activists were gathering before walking to Rothamsted.

Professor Maurice Moloney, director of Rothamsted Research, said protesters could ruin years of research and insisted the chance of any cross-pollination was minuscule.

He said: "We have no idea who is advising them scientifically, because it is absolutely incorrect. Wheat is a self-pollinating plant so there is virtually no chance of any cross-pollination with local wheat.

The way we have grown the wheat is desynchronised with local wheat as well, meaning it flowers at different times. It is the equivalent risk of worrying that a tornado would hit you."

The experimental crop of GM wheat was planted in April and is due to grow until

September. It has been developed with genes from the mint plant.

Prof Moloney explained: "As a result, the wheat produces a volatile chemical which the aphids don't like and it makes them go elsewhere. The purpose of it is to see if we can come up with a strategy that would avoid the use of pesticides in wheat crops, as they kill other creatures like bumblebees."

Two men were arrested on suspicion of public order offences during the demonstration, Hertfordshire Police said. They were arrested under Section 14c of the Public Order Act, which stops people from holding "an assembly" on a prohibited area of land.

Party time for staff at Birdham garden centre

RUSSELLS GARDEN CENTRE in Birdham has decided to close for the Jubilee celebrations after they became aware that many of the staff had been invited to parties that they could not attend because of work. Owner Lesley Phillips is a firm believer that the community and staff are as important to a business as the products it sells which is why they have taken the unusual decision to close over the Jubilee Celebrations. "Our staff are one of our biggest assets, we want to ensure they get the chance to enjoy this national holiday with their families so we'll be shut on bank holiday Monday and the Tuesday. We realise that these are both big retail days but we're happy to make the sacrifice."

Although they will be closed on Monday and Tuesday customers will be treated to a bumper weekend with deli demos and tastings and hundreds of bargains to be had across the store on plants, pots, furniture and bbq's find them in Birdham tel: 01243 512525 www.russellsgardencentre.com

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Add chips to any sandwich for £1.50 extra

Light bites

Ploughman's Cheese from ham, pâté, cheddar stilton or brie £6.95 or have a mixture £8.95
Whitebait with Aioli £5.95
Homemade Soup of the day & Bread Roll £4.50
Garlic Ciabatta £2.95 with cheese £3.50
Chips £2.50 Cheesy Chips £3.25

Platters

To Share £8.95 or Individual £6.25
Smoked Fish Platter
Smoked salmon, trout, halibut & mackerel, served with warm bread & butter
Dim Sum
Spring rolls, wontons, prawn toast & dipping sauces
Anti-Pasto
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Vegetarian Options - All £8.95

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Jacket potatoes

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Prawn Marie rosé
Cheese
Beans
Tuna Mayonnaise
Chicken & Bacon

Pub Classics – All £8.95

Homemade Beef burger with Blue Cheese or Cheddar & Bacon
Served with chips & salad
Cajun chicken burger
Served with chips & salad
Battered Haddock & Chips
Honey Roast Ham Egg & Chips
Home cooked Pie of the Day
Served with mash & vegetables
Scampi & Chips

Salads

Tuna Nicoise £9.95
Goats cheese, Beetroot & Red apple £7.95
Cajun Chicken & Mango £8.95

A la carte menu available, please see website

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Boot Camp launch success

Denise Kelly

HOW GORGEOUS is England when the weather is hot and everyone seems to be in a good mood! I can't help feeling lucky to live in such a stunning part of the country. I don't feel as if I have missed out so much from the boot camp launch in Spain this week now, as its been so scorching here in the UK.

I couldn't go for a number of reasons connected with work back in Lithuania, (we are launching the Fit Kidz program there in their schools this week which is also very exciting) but judging by the results I am hearing it has been a great success this week in Spain. I wrote the Nutrition program and aftercare information pack so this week has been a test of how the theory can be put into practice ...and it worked!

This is the e-mail I received from my lovely friend Lauren who is holding the fort in Spain as we speak (Lucky girl)

She says "All is still going well and we are on our way to the beach to do some boxing circuits and games. Everybody is having a fab time, CJ (The TV personality) has left now, he had a brilliant time and wants to come back for another camp next month. I think he's got the boot camp bug! We've been cycling in the mountains, power walking early most mornings followed by basketball, water polo, then boxing cardio circuits. It's all been great and very motivating. The Spanish chef is amazing and everyone loves the food. We did a mid week measley measure and Grace has lost 3inch around her waist, Emma has lost 2.5, Annette 1.5 and we have still got 3 days to go! CJ body fat was 16%, however when he left it was 11% so I think our results are all a great success! We haven't even been having the afternoon snack as they are too full!"

As you can imagine I was very happy with these results and will be going out there for a few weeks myself to check out how all the new recruits are doing. Sometimes weight loss can be very difficult in the beginning, so to go out to something like this boot camp is just the motivation some people need to kick-start their new life style regime. Being around others, who also want to tone up, lose weight and feel fantastic gives you a sense of comradeship and togetherness. It's always great to share this type of experience with other like-minded people.

The boot camp will now be running every week throughout the summer and autumn. You can stay for a long weekend, a week or two weeks. I know someone who attended a boot camp here in the UK for 6 weeks! That's serious dedication, but the results were outstanding!

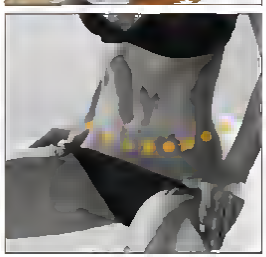
For more information please visit www.oneandonlybootcamp.com or info@oneandonlybootcamp.com or call 44 7827336029/616539757

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040 www.denisekelly.co.uk

Problem Areas under Pressure – targeted Body Shaping with HYPOXI®-Method

SPRING is here and therefore the peak season for new dieting trends, workouts, and creams too. Although motivation is high, fat deposits in typical problem areas, like the abdomen, legs and buttocks, remain stubborn. For many women, the battle against cellulite often seems like fighting windmills. The key this spring then is to choose the right method that targets dimples and problem area effectively from the vast number of available options.

Because many of the problems with one's figure are frequently due to constitution and cannot be easily controlled by sports or diets, it's no wonder that spring can be a glum time for many. The pear shape constitution, where fat deposits appear primarily on the thighs and buttocks, is a common challenge for women. Because the circulation in these parts of the body is poorer and fat cells are stored directly beneath the skin, fat elimination in these areas is blocked. On women with weak connective tissues, cellulite appears frequently as well. Many women who attempt to deal with these areas through jogging and dieting are all too familiar with the problem. They are successful – but in the wrong places unfortunately. Weight loss is noticeable in the face, breasts and upper arms; however, the fat deposits on the buttocks and legs, and therefore the cellulite, remain.



The HYPOXI®-Method targets these type-dependent, stubborn fat deposits directly. Through an innovative combination of alternating pressure and gently exercise, the circulation in the problem areas is increased and metabolism stimulated, accelerating the transport of the fatty acids to the muscles where they are burnt off once and for all.

Four different HYPOXI® devices provide the correct treatment for each problem area. The HYPOXI®-Coach creates an individual therapy plan for each user – according to their objectives and personal requirements and provides tips for a well-balanced diet. After four weeks of HYPOXI®-Training with a total of twelve 30-minute training units, not only are the problem areas reduced, the connective tissue is strengthened, the skin is firmer and cellulite is reduced considerably as well.

And the last extra pounds of the winter are eliminated right on time for the spring/summer season.

For more information contact your local Hypoxi®-Studio, 11 The Hornet, Chichester, West Sussex, PO19 7JL. 01243 533729 www.hypoxichichester.co.uk

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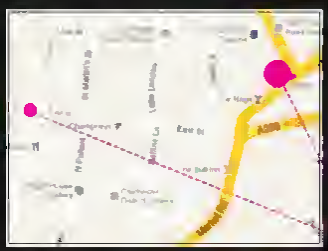

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Fashion

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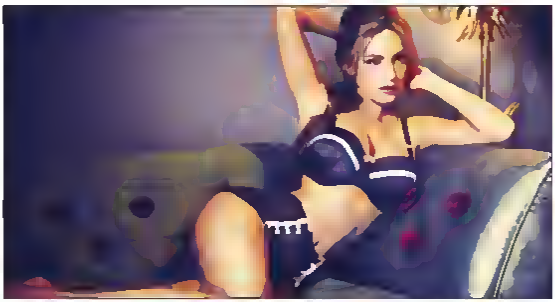
Topshop bridal by Richard Nicoll

TOPSHOP and designer Richard Nicoll are both taking their first trip down the aisle with a capsule bridal range called Tie The Knot.

"I proposed the idea after my spring/summer 2012 show," Nicoll told British Vogue. "I liked the idea of making a modern affordable alternative to meringue culture. The dresses are marketed as bridal but would equally be suitable as bridesmaid or cocktail dresses.

These are definitely "alternative" bridal dresses. A few of the seven pieces are simple shifts, but there are a lot of lingerie-inspired details. With exposed lace, boning and even bra cups some of the pieces look more like the slip you would wear under your wedding dress than the dress itself. In pink and white silk and lace, they have a delicate, feminine elegance that will appeal to a certain kind of bride.

Kelly Brook and New Look Partner up Again for new Women's Wear Range



NEW LOOK are getting vamped up with Kelly Brook's new collection of women s wear - ready and set to hit UK stores.

Previous collaborations between the high street pioneers and Kelly Brook have proved highly successful, with customers drawn to the exclusive swimwear clothing and party dress ranges. It is therefore no surprise that these ventures have resulted in a new full collection of women s wear clothing.

The collection will be influenced by the 50s, a decade well-suited to Kelly Brook's own chic sense of style. Sexy, fresh and flirty, her collection of shoes, accessories and clothing will showcase her personal preference for a period of fashion that embraces pin-up femininity. The available range of clothing, shoes and accessories have all been designed to flatter the female silhouette and enhance curves and waists, sculpting, nipping and tucking for full-on 50s glamour.

Expect spring and summer's preoccupation with prints to surface, with pretty polka dots and graphic florals bringing bursts of colour, fun and frivolity to the collection. Loyal to 50s shapes, skirts will be full, tops cropped, and shirts tied. The peplums adorn dresses for a classic feminine silhouette. Playsuits are given a pin-up twist with halter necks and ruched paneling, whilst trousers are perfectly tailored and elegant, accentuated with patent skinny bow belts and bold prints.

Shoes are focused on raffia and suede, and are adorned with bows and dolly bars for added embellishment. Her bags continue the theme of ladylike elegance, with oversized clutches, chain handles and material panelling.

It's a collection that embraces all the feminine charm of the 50s, giving the decade's flirty elegance an exciting modern twist.

Eastwood's daughter gets death threats for burning Birkin bag

THERE are many paths to stardom in Hollywood. Just ask Francesca Eastwood, the 19-year-old daughter of legendary filmmaker Clint Eastwood.

The fledgling model catapulted into the limelight this week, sparking a tsunami of controversy after she and photographer beau Tyler Shields released some disturbing images from a recent photo shoot.

Those questionable pictures featured a $100,000 red crocodile Birkin bag from luxury retailer Hermes being slashed by a chainsaw and burned to a crisp.

Eastwood s stab at "art" has since sparked public outrage, especially from fashionistas who revere these hand-crafted Hermes handbags as works of art.

The move has also garnered attacks and death threats via Twitter and Facebook, where Eastwood was slammed for wasting $100,000 in today's troubled economy.

Eastwood s step-mother, Dina Ruiz, is also said to be "shocked" that the young woman even owned a $100,000 Birkin bag.

But the real disbelief lays with onlookers around the world, who have lashed out at Eastwood and Shields for their handiwork.

"Some things you can t repeat," said Kim as she read portions of biting tweets on CTV's News Channel, such as one that made this point: "wasted money when families can t eat."

That waste was also highlighted in another tweet. Kim read aloud: "Some of us actually have to work and live check 2 check."

Eastwood has reportedly defended her actions by saying that people don t understand art.

Even so, this controversy has garnered publicity that money cannot buy for Eastwood and Shields.

In the past, Shields has taken provocative pictures of Lindsay Lohan, 25, and Mischa Barton, 26.

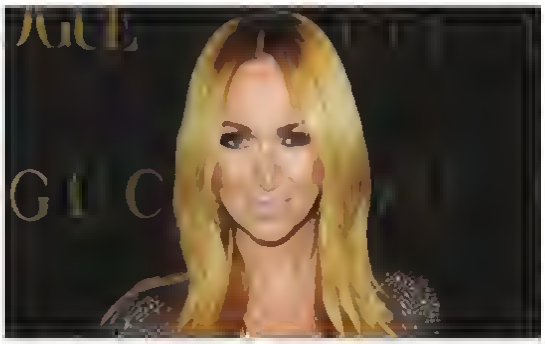
He snapped Lohan against a blood-splattered wall, sprawled out on a floor like a murder victim in sexy lingerie, stockings and stilettos.

Shields photographed Barton doing some edgy dance moves with a man in a tuxedo sporting the head of a panda bear.

His images of "Glee" star Heather Morris also pushed the envelope. The actress was shot with a bruised eye. The images made light of the abusive treatment of women, according to some critics.

Unlike Shields, Eastwood has had little to boast about in her career until now.

Gucci Launch Eco Shoes



GUCCI has launched a line of environmentally-friendly shoes for both men and women.

The Italian fashion house's creative director, Frida Giannini, has designed the Sustainable Soles footwear line which includes two styles, one for men and one for women, both made with biodegradable plastic.

The female shoes are ballerinas available in a range of polished tones, including blush, taupe and black and feature cutout details and the company's signature GG motif.

The men s are sneakers and are sold in both a low and high-top version with bio-rubber soles while the upper part of the shoe is in vegetable-tanned calfskin and and has bio strings. The sneakers also have tongues featuring the Gucci logo printed in green on a recycled polyester label.

The Sustainable Soles line, which is part of the pre-fall 2012 collection, will hit Gucci s e-commerce and its flagships worldwide at the end of June.

This is not the first environmentally-friendly products Gucci have created.

Last year, the label debuted a line of bio-based frames synthesized from castor seeds and it is now set to introduce the first-ever sunglasses made with "liquid wood".

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Brighten up your home!

B&Q wants to help you make the most of your indoors this summer. June 2012 will see the décor ranges at B&Q receive their very own make-over with the launch of new design stories to suit everyone's taste - whether it is a penchant for floral, a minimalist streak, dreams of downtown or simply creating a cosy home.

This summer you will also see a change to the brands available at B&Q. We've put all our products together into brands to help you find the best products for the job, and give your essential products our seal of approval. The Colours brand is exclusively available at B&Q, you won't find these products anywhere else in the UK. The Colours décor stories will work harmoniously and give you the confidence and products to express an individual style at home.

CITY JUNGLE

The City Jungle design story offers contemporary style with a restrained colour palette of grey and citrus bright. Add in bold pattern, chunky knit and sleek lighting for the full story.

UNDER A SPELL

Sumptuous tactile textiles, delicate shades of mauve and lilac combined with deeper shades create the romantic Under A Spell design story.

PETIT JOURNAL

Rustic textures and knits, combined with bold stripes and a red and blue colour palette creates the summer Petit Journal design story.

BLUE TIME

The Blue Time design story offers bold florals, with toning accessories in flat vibrant shades, texture such as faux silk, velvet and felt, and detail such as contrast piping and buttons.

"The B&Q textiles summer range offers a wide choice of trends, ranging from punchy blues mixed with fresh yellows to hot pinks. Judging by the latest catwalk looks, 'brights' are on everyone's list this year, and they look great on a contemporary sofa. Subtle heathers and lilacs look stylish and timeless, while cool neutrals like grey and natural creams will bring a sense of nostalgic Stockholm style to your space." Sebastian Krysiak - Director of Decorative at B&Q.

BRITANNIA!

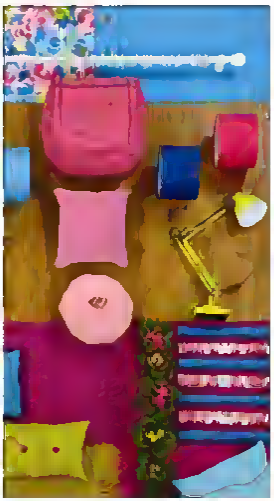
The iconic imagery of London, familiar to visitors from near and far, has been captured in fun illustrative style in a carefully selected cushions range. Motifs include the Routemaster bus, the Crown, the Union Flag, Big Ben and the phone box, and celebrate the city in a year when London will be the centre of attention during the Olympic Games and Diamond Jubilee.

SHOW ME THE LIGHT

Lighting is key to a home's look and May 2012 sees even more bright ideas added to the lighting department at B&Q. There are designs to suit every home's style, be it cutting edge contemporary or a more traditional look.

"With the new lighting range at B&Q, it's hard to choose a favourite. This season you will find a lot of quirky styles designed to make everyone smile a little such as the Idea lamp (£24.98) which harks back to the glory days of the original lightbulb. The Isaac desk lamps (£20.98) are perfectly on trend - bright shades have been seen everywhere in fashion shows. The Lassay LED orbit circular pendant (£149.98) will earn you some serious style brownie points too." Dee Gittins – Category Trading Manager for Lighting at B&Q.

Whatever you are looking for, this summer B&Q is in a unique position to help you brighten up the home, offering everything to create a room's look - from flooring to cushions, lighting to paint.



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Property

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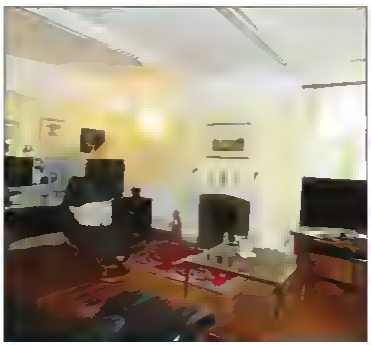

Nationwide reveals average UK house costs £164k

UK HOUSE PRICES have dropped by 0.9 per cent in the last 12 months to May 2012 making the average house price £164,134, data from Nationwide's monthly house price index has revealed

According to Nationwide's data, the average UK house price has increased from £1,801 to £166,022 during the Queen's reign, that is almost an 88 fold increase over the 60-year period, while the cost of goods and services have recorded a more modest 25 fold increase

Robert Gardner, chief economist of Nationwide, highlighted during the last 18 months, house prices have been fairly stable, despite the challenging economic backdrop, and May's data supports this

He said: "Demand for homes remains subdued on the back of weak labour market conditions, but the lack of homes coming onto the market is providing support for prices

"This is in part a reflection of the low rate of building in recent years which has failed to keep pace with household formation."

Housing affordability points to underlying supply issues, especially in the south.

Mr Gardner said: "The constrained supply of homes is apparent in a number of metrics. House prices remain high relative to incomes, at more than five times average earnings, well above the long run average of four times earnings

"Affordability appears less stretched when comparing the cost of a mortgage to incomes. Repayments on a typical mortgage are equal to around 30 per cent of take home pay, this lowest level for a decade, but this is because interest rates are near three hundred year lows.

"Upward pressure on rents also suggests that demand for housing is outstripping the available supply. However, rental growth is now outpacing wage growth by a significant margin."

Licensing Act 2003. APPLICATION FOR A PREMISES LICENCE

The Applicant's name is West Cornwall Pasty Ltd. The postal address of the premises is 27 North Street/1 Crane Street, Chichester, West Sussex, PO19 1LX. The Applicant applied to the Licensing Authority on 31st May 2012 for a Premises Licence for the premises, a restaurant & takeaway. The relevant licensable activity which it is proposed will be carried on, on or from the premises, is the sale by retail of alcohol, ancillary to the service of food.

If you wish to object to this application, you may make representations which must be made in writing to the relevant licensing authority. The relevant licensing authority is Chichester District Council. The postal address of the relevant licensing authority, where its register is kept and where the record of the application may be inspected within normal office hours and to which you must write with your representations, is The Licensing Authority, Chichester District Council, East Pallant House, 1 East Pallant, Chichester, West Sussex, PO19 1PY. You can phone 01243 534740 to check arrangements. The date by which you may make representations to the relevant licensing authority and by which your representations must be received by the relevant licensing authority is 28th June 2012.

The world wide web address of the Licensing Authority is www.chichester.gov.uk

It is an offence knowingly or recklessly to make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction for the offence is £5,000.

Coastguards Estate Agents
6 Coastguards parade, 113 Barrack Ln,
Aldwick, West Sussex PO21 4DX
office@coastguardsproperty.co.uk
www.coastguardsproperty.co.uk
Tel: 01243 267026

ALDWICK BAY ESTATE **£1,500,000**

A stunning det beach front residence situated in private cul-de-sac. The property has been made the subject of an extensive programme of remodelling, extension & refurbishment over the past year. The accommodation comprises an entrance hall, cloakrm, sitting rm, tv room/home cinema, kit/break rm, utility, 1st fl sun lounge with terrace, master bed with dressing rm en suite & access to sun terrace, 2 further en suite bedrms, study & kitchenette, two 2nd fl bedrms with en suite facilities, beachhouse with studio rm, kit & wet rm, garage, parking and garden with direct access to the beach.

ALDWICK BAY ESTATE **£685,000**

A spacious detached house situated in quiet cul-de-sac of private marine estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation. G.F.H., u.P.V.C. double glazing, heated & servitis cavity wall insulation, cloakrm, lounge, dining rm, sitting rm, kit/breakfast rm, master bedrm with en suite bathrm, four further bedrms, second bathrm, shower rm, balcony, integral garage and gardens including a secluded courtyard garden with heated swimming pool.

ALDWICK **£650,000**

An imposing detached Tudor style house situated on a plot approx. a third of an acre, within half a mile of the beach and shops. G.F.H., d/glazing with leaded lights, cloakroom, triple aspect lounge opening to a garden rm, dining rm, fitted kitchen with attached conservatory/breakfast rm, utility rm, four bedrms, refitted bathrm and shower rm, playrm (potential for ground floor bedrm and en suite), gardens with heated swimming pool.

ALDWICK BAY ESTATE **£565,000**

A three bedroom detached Tudor style house in private marine estate approx. 400 yards from the private beach. Refurbished by the current owners with modern wiring, plumbing and heating, cavity wall insulation, lounge, sitting room, dining room, kitchen/breakfast room, bathroom, shower room, balcony, garage. South facing rear garden.

BOGNOR REGIS **£365,000**

A well presented detached house situated in a quiet road. G.F.H., u.P.V.C. double glazing, dual aspect lounge, dining room, good sized kitchen/breakfast room, cloakroom, four bedrooms, bathroom with separate w.c., large purpose built garage with workshop/hobbies room and gardens surrounding. 116 West facing rear garden.

PAGHAM **£320,000**

A three/four bedroom chalet house situated in a cul-de-sac just 20 yards from the beach and within half a mile of shopping facilities. G.F.H., u.P.V.C. dble glazing, u.P.V.C. fascias, gd size 'L' shaped living room, separate dining rm/bedrm, four kitchen/breakfast rm, conservatory, cloakroom, bathroom, sea views from two of the bedrooms, garage and gardens.

NYETIMBER **£310,000**

A detached cottage situated approx. half a mile from shopping facilities and beach. G.F.H., double glazing, dual aspect lounge, dining room opening to a sun room, kitchen, utility room with cloakroom, master bedroom with an suite shower room, second bedroom, bathroom, garage. South East facing rear garden, parking for four cars and a caravan on the frontage.

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	30	Great Trains of Snowdonia	5 days From £378
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	13	Warner Holme Lacey	5 days From £399
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	15	Isle of Man	8 days From £541
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	03	Torquay	5 days From £299
	07	Paris Short Break	3 days From £215
	07	Snowdonia	4 days From £262
	09	Lake District Boats & Railways	8 days From £477
	10	Warner Bembridge Isle of Wight	5 days From £413
	15	Lake Garda	10 days From £799
	24	Shanklin Isle of Wight	5 days From £336
	26	Sidmouth	5 days From £417
OCT	01	Heart of England Malvern & Worcester	5 days From £343
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OCT	29	Singles Cotswolds	5 days From £399
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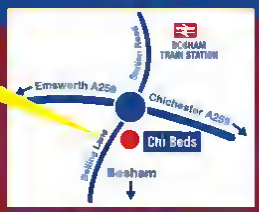

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World's first pedestrian airbag fitted as standard on the Volvo V40

THE WORLD'S FIRST pedestrian airbag fitted as standard on the all-new Volvo V40 is the next step towards the manufacturers target that no-one should be killed or injured in a new Volvo by 2020.

The revolutionary new airbag is launched one year after Volvo, as a strategic partner of the Parliamentary Advisory Council for Transport Safety (PACTS), joined road safety experts and MPs to set the blueprint in the UK for safer roads over the next 10 years with the launch of the United Nations Decade of Action for Road Safety. Volvo's new Pedestrian Airbag will go some way to help further reduce the number of fatalities involving pedestrians, currently 14 per cent in Europe and 25 per cent in China.

Every year, 1.3 million people are killed on the world's roads with 24,510 killed or seriously injured in the UK alone. For Volvo, safety has been a key priority for 85 years and in 2008, launched a unique goal in that 'By 2020, nobody shall be seriously injured or killed in a new Volvo' and to contribute towards the aim, it has fitted technology including Pedestrian Detection, City Safety and the Pedestrian Airbag.

The Pedestrian Airbag technology was a world breakthrough when the all-new Volvo V40 was launched in Geneva earlier this year and will to be fitted as standard to all specifications. The system is active at speeds between 20 and 50 km/h. 75 per cent of all accidents involving pedestrians take place at up to 40 km/h.

The most serious head injuries involving pedestrians and cars are caused by the hard structure under the bonnet, the windscreen's lower edge and the A-pillars. These were the main areas that Volvo Car Corporation looked at when starting development of its Pedestrian Airbag Technology.

Seven sensors embedded in the front of the car transmit signals to a control unit. When the car comes into contact with an object, the signals change. The control unit evaluates the signals and if it registers what it interprets as a human leg the pedestrian airbag is deployed.

The bonnet hinges are each equipped with pyrotechnic release mechanisms which, when the system is activated, pull out a pin and release the rear of the bonnet panel. At the same time, the airbag (consisting of a sack and a gas hybrid generator) is activated and starts filling with gas, which only takes a few milliseconds. During the inflation sequence the airbag raises the bonnet by 10 centimetres and stays in the raised position.

The added gap between the bonnet and the hard components in the engine compartment gives space for the bonnet to deform, creating a dampening effect when it is hit by a pedestrian.

"The airbag has two functions. Firstly, it raises the bonnet to create distance, and secondly it cushions the impact around the hard parts of the area near the windscreen," explains Thomas Broberg, Senior Technical Advisor Safety, Volvo Car Corporation.

In its inflated position, the airbag covers the entire windscreen wiper recess, about one-third of the windscreen and the lower part of the A-pillars. The entire sequence from activation of the system to full inflation takes a few hundredths of a second.

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10 (10) Venga 1.4 CRDi 's' TD Eco, Ebony, fsh, cheap road tax, bal 7yr warr **£8,995**

11 (11) Venga 1.4 's', Infra Red 1 owner fsh bal 7 yr warranty, fab value **£8,800**

10 (60) Venga 1.4 's', Silver, 1 owner, under 12k miles, bal.7yr warr. **£8,500**

09 (59) Soul Burner 1.6 TD, Black, fsh limited edition must be seen **£9,500**

09 (59) Soul 's' CRDi TD, auto, blue, fsh, 1 owner, 17k mls, bal 7yr warr. **£8,995**

10 (60) cee'd 's' CRDi TD, auto, Astral Blue, fsh, alloys, climate, bal.7yr warr **£11,500**

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08 (58) cee'd 2.0 CRDi Sport SW Estate, fsh, under 31k miles, fab spec. **£8,095**

09 (09) cee'd 1.6 GS CRDi SW, Blue, fsh, 1 owner, bal.7yr warr, fantastic **£8,675**

09 (58) cee'd 1.6 GS SW, Stone Grey, fsh alloys, a/c, super example estate **£7,795**

07 (57) cee'd 1.6 CRDi LS, 5dr, Silver fsh alloys, ESP bal 7yr warranty **£5,750**

10 (10) Picanto 1.0 's', Polar White, fsh, under 10k miles, great example **£5,095**

09 (59) Picanto 1.1 Strike, Cool Blue, fsh, under 14k miles, a/c, e/w **£5,750**

09 (59) Picanto 1.1 Strike, Flame Red, under 17k miles, a/c, fsh, c/l, e/w **£5,750**

08 (08) Picanto 1.1 's' Silver, fsh, e/w, under 26k miles, c/l, superb **£4,650**

05 (05) Picanto 1.1 LX, Diamond Blue, 1 owner fsh, under 27k, a/c, c/l **£2,995**

10 (10) Rio Graphite 1.4, Silver, fsh, bal 7yr warranty limited edition **£7,500**

07 (07) Rio Ice CRDi TD, Tropical Red, 1 owner, fsh a/c super economy **£4,250**

MPV/ESTATES

09 (59) Honda Accord 2.2 iDTEC ES GT Estate, Panther Black, 1 owner, fsh, sat nav, fab spec, great price **£14,500**

08 (58) Peugeot 308 SW 1.6 HDi 110 Sport, Silver 1op model, history **£8,995**

06 (06) Vauxhall Zafira Design CDTi 150 1.9 TD, Silver, under 40k mls, fsh **£6,750**

09 (59) Citroen Nemo Multispace 1.4, Silver, fsh under 15k miles **£4,695**

05 (55) Subaru Forester X 200 Estate, auto, Silver, history rare, super **£5,500**

07 (07) Citroen Picasso 1.6 HDi 92bhp VTX, Storm Grey, 1 owner fsh great mpg **£5,250**

SUVS

07 (07) Nissan X Trail Sport Expedition 2.0 dci 170, Ebony, half leather, s/r, under 55k mls, rear camera etc **£12,500**

09 (59) Sportage 2.0 XS 4WD, Ebony, fsh leather, climate, top spec **£13,995**

07 (07) Mitsubishi Outlander 2.0 DI-D Warrior, Silver, fsh, 7 seats, 12mth warr **£9,995**

06 (06) Mitsubishi L200 Trojan Double Cab, Black, 27k mls, fsh, leather, rnc.VAT, load liner, truck top, tow bar etc **£8,895**

07 (07) Sportage 2.0 TD 4x4 XS, Silver 1 owner, leather, great spec. **£8000**

07 (07) Hyundai 2.0 Tucson CDX 4WD, Black, fsh, leather trim, top spec **£7,945**

04 (54) Hyundai Tucson CRTD GSi, Silver, 1 owner, fsh, a/c, s/r, super cond **£5750**

06 (56) Fiat Sedici 1.6 16v Elegance, Silver, fsh 4WD, climate, alloys **£5,400**

AUTOMATICS

06 (56) BMW 520D SE Auto, Galaxy Black, fabulous example stunning car **£10,250**

10 (60) Suzuki Swift SZ4, Burnt Orange, fsh, under 12k mls, alloys, a/c, e/w **£8,750**

01 (Y) Mercedes CLK 320 Cabriolet Avantgarde, Quartz Blue, two-tone leather, AMG wheels, many extras, under 66k miles, fsh **£6,000**

05 (55) Ford Focus 2.0 Ghia, auto, Blue, fsh, under 23k miles, great spec **£5,500**

08 (08) Ford Fiesta Style Auto 1.6, 3dr fsh, Silver, under 40k miles, pristine **£5,500**

07 (57) Hyundai Getz 1.4, auto, Silver, 1 owner fsh, under 37k, a/c, e/w **£4250**

05 (55) Hyundai Getz 1.3 CDX, 5dr, auto, Ebony Black, fsh, under 30k mls **£3,995**

OTHER MAKES

10 (60) Mazda 3 1.6 Takuya, 5dr, Black fsh, under 16k miles, fab spec **£11,500**

10 (10) Alfa Romeo MiTo 1.4 TB MultiAir 135 Veloce, 3dr Black, rare **£10,750**

09 (59) Vauxhall Astra 1.7 CDTi (125ps) SE, Silver, fsh under 15k miles, loads of optrons inc. Nav, must be seen **£10,500**

09 (59) Ford Fiesta 1.4 Zetec 95, Ebony Black fsh under 8k miles **£7,095**

08 (08) Fiat 500 'Lounge', Polar White, fsh, red/crm leather, alloys Bluetooth 1 owner, immaculate, 29k mls **£7,095**

11 (61) Hyundai i10 Classic 1.2, Dove Grey fsh, bal.5yr warr, 1st class coud **£7,250**

09 (59) Renault Megane Extreme VVT 1.6, Silver 1 owner fsh 5k mls fab spec **£6,095**

10 (10) Vauxhall Agila 1.2 Design, Crystal Blue, a/c, alloys fobs **£6,500**

07 (57) Ford Focus 1.8 125 Ghia, 5dr, fsh, Silver under 32k mls Ghia spec **£6,500**

10 (10) Hyundai i10 1.2 Comfort, Ebony, fsh, under 17k miles, air conditioning, balance of 5 year warranty **£6,500**

10 (10) VW Fox 75, 3 dr, 1.4, Silver, fsh balance of 3 yr warranty **£6,000**

05 (05) Toyota Celica 1.8 VVTI Red, Premium Silver, leather, fsh, under 34k miles **£5,995**

09 (09) Hyundai i10 1.2 Comfort, Pacific, under 11k miles fsh, a/c, alloys **£5,995**

08 (57) Mazda 3 1.6 TS, 5dr, Pacific Blue, fsh, under 23,500 miles, superb **£5,850**

10 (10) Hyundai i10 Classic 1.2, 5 door, Red, fsh, under 15k miles, air con, balance of 5 year warranty **£5,750**

09 (09) Citroen C1 VTR 1.0, 3 dr, Silver, fsh under 16k miles, super, eco **£5,500**

08 (08) Peugeot 107 Urban Move 1.0, Slate Grey fsh under 20k mls, super eco **£5,500**

09 (58) Hyundai i10 Comfort, Black, fsh, under 27k miles, alloys a/c e/w **£5,250**

06 (56) Ford Fiesta 2.0 ST, Fleme Red, 3dr fsh rare stunning example **£4,095**

08 (08) Mitsubishi Lancer 1.6 Equippe Saloon, Silver/Grey, fsh, under 22k mls **£4,500**

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CHICHESTER were on the end of a thumping as Roffey enjoyed the most decisive win of the day in a nine wicket home success

Mark Bamford and Steve Sedgeley each made 42 to take the visitors to 100 all out as Abdul Khan took 3 for 33 and Matt Davies 3 for 7. In reply George Fleming cracked 76 not out and Theo Rivers 74 not out to take their side home at 191 for 1.

DIVISION THREE (WEST)

Bognor Regis are the new leaders of Division 3 West as 4-33 from Sam Taylor helped restrict their hosts Slinfold to just 147. Elliot Clarke's 75 helped them gain their third victory of the season by 8 wickets.

Middleton have also won 3 games and move up to second after a high scoring game against league newcomers Wisborough Green. Green posted 228-5 after winning the toss as Alex Edwards hit 62. Middleton however won by 7 wickets with 7overs to spare led by Jack Lerwill's 80. There were also notable contributions from Eddie Towner (00 not out) and Nick Smith 42.

Steyning and Arundel fought out a tight draw and as a result both dropped in the table to 3rd and 5th respectively. Dave Curtis-Botting made 64 in Steyning's 212-9 and Geoff Stothart 67in Arundel's reply of 193-7

Shirlands made light work of chasing 224 at home to Billingshurst winning emphatically by 5 wickets. Sean Heather was unbeaten on 100 supported by Lewis Allan 53 and 38 not out from Tim Robinson. Earlier Billingshurst's total was set up by 68 from Carleon Broome and 57 from Tim Weston. In a game dominated by the bat there were significant contributions from Shirlands bowlers Stuart Cameron (3-64) and Adam Downing (3-11).

The bottom two teams were involved in a tense drawn game which both came close to winning and losing. Littlehampton's 200-9 proved to be just out of reach for Pagham by 5 runs with their last pair at the wicket. Pagham remain bottom of the table.

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